Breathe



A Girl Scout Cadette Journey

Year Outline

NATIONAL LEADERSHIP OUTCOMES

	GB= Girls Book GS Guide= Your Book	AT THE CADETTE LEVEL, girls…	RELATED ACTIVITIES	When the outcome is achieved, the girls might…
Connect	**Girls develop a strong sense of self.**	Have increased confidence in their abilities.	GB: Flair, p. 49.	Report increased belief in their ability to achieve personal goals.
	Girls develop positive values.	Are better able to examine their own and others' values from individual, cultural, and global perspectives.	GB: Profiles of women and girls; Aware Award, p. 104-105.	Report greater appreciation for the diversity of values based on individual and/or cultural differences.
	Girls gain practical life skills- girls practice healthy living.	Are increasingly committed to practicing and promoting healthy behavior.	S2: Scent Sense; S3: Relaxed; GB: Music to Your Ears? Noise, Noise Level. Pp. 20-25; Need Some Space, p. 27 and 77; Elevate Your Air Power, p. 75.	Report increased interest in learning more about how exercise, diet, relaxation, and other activities can give balance to their lives.
Discover	**Girls develop healthy relationships.**	Are able to use positive communication and relationship-building skills.	GB: Air It Out, p. 30.	Give examples of behaviors they use to promote mutual respect, trust, and understanding.
	Girls promote cooperation and team-building.	Have a greater understanding of team building.	S6: Adding Our Flair; S7: Team Check.	List criteria for what makes a good team.
		Are better able to address obstacles to effective group work and team building.	S8: Pulse Check Teamwork.	Describe obstacles to group work and suggest possible solutions.
	Girls feel connected to their communities, locally and globally.	Strengthen their existing relationships and seek to create new connections in which others with others in their communities.	S6: Sounding the Call; GB: Alert, pp. 106-108.	Feel more confident contacting community members for help with community service and action projects.

Take Action	**Girls can identify community needs.**	Strengthen their ability to decide which community issue deserves action.	S4: Get Aware Observational Trip; S5: Observing the Observations; GB: Compare Air Log, pp. 14-15; No Idling Zone, pp. 44-45; Get out in the Air and Permanent Paper Reduction, p. 63; What's in Your air?, p. 67.	Report using a variety of tools to identify needs, assets, and potential impact of their planned projects.
	Girls are resourceful problem solvers.	Are able to create and implement detailed action plans for their projects.	S3: Planning for Air Care Field Observation; S5: Choosing an Alert; S7: Planning and Conducting a Meeting	Demonstrate independence in thinking through required components of their action plans.
		Increasingly seek out community support and resources to help achieve their goals.	S6: Identifying the Air care Team; S7 and S8: ALERT Award	Identify people/organizations in their communities to help on some aspect of their project.
	Girls advocate for themselves and others, locally and globally.	Recognize the importance of advocacy in accomplishing positive changes for themselves and others.	S8: Gathering some Affirmation	Give examples of how youth can influence and/or participate in community decision-making.
	Girls educate and inspire others to act	Show increased commitment to educate others on how to better their communities.	S9: Opening Ceremony: Affirm.	Organize a show-and-tell for younger Girl Scouts to educate them about how to be more active in community affairs.

Earning the "Eco-Action" Interest Project

The requirements to earn an Interest Project are to complete:

- 2 Skill Builder activities
- 1 Technology activity
- 1 Service Project
- 1 Career Exploration activity
- 2 additional activities from any category

The following are activities that should easily fit into the current Journey with few extra activities - but they are only suggestions - and your troop or group may decide to complete different activities to earn this Interest Project. You may also choose to focus solely on completing the Journey and earning the Aware, Alert, and Affirm awards and choose not to complete this Interest Project.

Skill Builders

- #3: This activity will be completed during meeting one in the activity "Symphony of Noise" and in the discussions that follow.
- #4: This activity will be completed by reading the biographies of women throughout the Journey book, and by completing the Take Home Activity in meeting five.

Technology

- #1: This activity will be completed by reading about wind power in the Journey book during meeting five.
- #2: This activity will be completed in a Take Home Activity in meeting three.

Service Project

- Your troop or group may chose one of the projects listed on page 59 of *Interest Projects for Girls 11-17* to complete separate from their ALERT project to meet the requirements for the Service Project portion of this Interest Project.

Career Exploration

- #3: This activity will be completed through a Take Home Activity in meeting thirteen.
- #4: This activity will be completed through a Take Home Activity and in meeting six.

Session One: Blare in the Air!

Goal: Cadettes explore the noises people routinely send through the air, and then experience the sound of silence as a team. They begin to think about the Earth sounds they love and how what they value can influence how they choose to care for Earth's air.

Meeting 1:

Supplies and Resources

- *Breathe* Cadette Girl Scout Journey book
- *How to Guide Girl Scout Cadettes on Breathe*
- *Interest Projects for Girls 11-17*
- Markers, pens, paper, glue, scissors, and tape
- Noise making devices, listed on page 34 of the adult guide
- Challenge slips for the team challenges, listed on page 37 of the adult guide
- Sound from nature, examples can be found on page 38 of the adult guide
- Copies of the "My Commitment to Tune In" certificate on page 40 of the adult guide, one for each girl
- Healthy snack

Meeting Outline

- As the girls arrive:
  - Explain the "Symphony of Noise" activity to a few of the girls who arrive early and invite them to lead the activity.
  - Prepare the "Above the Noise" team challenge slips.
- Opening Ceremony: Talking About Noise
  - Begin the meeting with a discussion about the things that create noise in everyday life.
- Activity: Symphony of Noise
  - Refer to pages 36 & 37 of the adult guide for instructions to lead, or have the girls lead, this activity.
  - This activity is very similar to one of the activities needed to complete the Eco-Action Interest Project, Skill Builders activity 3. Refer to page 58 in *Interest Projects for Girls 11-17* for specific instructions on how to complete the Skill Builders activity by adding a few easy steps to this Journey activity.
- Discussion: Weighing in on Noise and Silence

    - Start a conversation with your group about noise and the value of silence. Refer to page 37 of the adult guide for questions to guide the group discussion.
    - If you have a large group, it might be helpful to split the girls into smaller groups and when you come back together have each group report on what they came up with.
- Discussion: Imagining the Sounds of Earth
    - Use a sound from nature to begin a conversation about sounds in nature.

- Journey Logistics
    - Have a conversation with the girls about the topics listed on page 39 of the adult guide. It is important for girls of this age level to have input and make the decisions on their Journey, as well as making decisions for how the meetings will run.
- Snack Time!
- Closing Ceremony: Tuning In
    - Pass out, or invite one of the girls to pass out, the "My Commitment to Tune In" certificate on page 40 of the adult guide. Discuss making the commitment and give the girls time to think about their commitments and fill their papers out.

Meeting 2 options:
Take a field trip to observe sounds in nature first hand. Take a nature walk or hike and encourage the girls to choose places to go as a group, as well as plan the details of the activity. If the girls choose a park in a metro area, talk about the sounds you hear. Are there only sounds from wildlife? Can you hear any urban noises in the background? If the group chooses a more isolated environment like a State Park, discuss the noises you hear and how the sounds of nature make everyone feel.

Session Two: Scent Sense

Goal: Girls examine how scents in the air make them feel, and explore relaxation and breathing techniques. They begin to think about “yucky stuff” in their air and how it affects them and Earth. As the session ends, girls work together to plan for “airy science” at the next gathering.

Meeting 3:

Supplies and Resources

- *Breathe* Cadette Girl Scout Journey book
- *How to Guide Girl Scout Cadettes on Breathe*
- *Interest Projects for Girls 11-17*
- Markers, pens, paper, glue, scissors, and tape
- Samples of various scents, see the list on page 43 of the adult guide
- Healthy snack

Meeting Outline

- ***Meeting Note -***
  - This meeting or the next would be excellent opportunities to invite a guest to speak to your group. Invite a yoga or Pilates teacher to visit your troop or group meeting to share their knowledge of deep breathing and relaxation techniques with the group.
- As the girls arrive:
  - Find out which girls would like to be assistants during the meeting and let them know what they will be doing.
- Opening Ceremony
  - Begin the meeting with one of the opening ceremonies the girls have previously chosen, or refer to page 42 of the adult guide for recommendations of opening ceremonies to use.
- Discussion: Tuning In
  - Use this time to discuss the results of the girls’ commitments to tune in. You might have them switch and select different commitments to focus on for the next meeting.
- Scent Sense
  - The girls will move through scent stations and write down the feelings that come to mind when they experience various scents. This list can be found on page 43 of the adult guide for suggestions, or come up with a few scents of your own.
- Discussion: Scents

    - Refer to the questions on page 43 of the adult guide for discussion topics to be used in guiding the conversation about scents.
- Snack Time!
- Closing Ceremony
    - End this meeting with a closing ceremony of the girls' choice.

Meeting 4:

Supplies and Resources

- *Breathe* Cadette Girl Scout Journey book
- *How to Guide Girl Scout Cadettes on Breathe*
- *Interest Projects for Girls 11-17*
- Markers, pens, paper, glue, scissors, and tape
- Materials for the Aromatic Bath Bag
- Materials for the Rose and Lime Scented Lotion
- Healthy snack

Meeting Outline

- As the girls arrive:
- Opening Ceremony
- Activity: Air Quality Log
    - The Compare Air log can be found on pages 14 and 15 of the girls' Journey book. Take time during this meeting to discuss the log and have them begin filling it out. Refer to page 44 of the adult guide for more information about this activity.
- Activity: Aromatic Flair
    - During this activity, the girls will make Aromatic Bath Bags and Rose and Lime Scented Lotion. Refer to pages 44 and 45 of the adult guide for more information about this activity.
- Activity: Harvesting Particulates
    - Lead the girls in a discussion about particulates and complete the experiment on page 46 of the adult guide. If it is not possible to leave tape in your meeting place, encourage the girls to try the experiment at home and share their results at the next meeting.
- Journey Logistics
    - Check in with the girls to see who can bring any of the supplies for the next meeting, or if anyone knows a science teacher who might like to come speak at the meeting.
- Snack Time!
- Closing Ceremony

- Use the instructions on page 47 of the adult guide to lead this ceremony and create a *Breathe* mission statement.

- **Take Home Activity**
  - Since the girls learned about particulates in today's activity, they will go one step further and research how new technology is used in testing the quality of air, water, and soil. They will bring this information to the next meeting and share it with the group.
  - This activity satisfies the requirements for Technology Activity 2 from the Eco-Action Interest Project, found on page 59 of *Interest Projects for Girls 11-17*.

Session Three: What's in the Air?

Goal: Girls engage in hands-on science experiments to gain awareness of wonders of air. They use their increased awareness to team up and develop an observational tool to work with at their next gathering.

Meeting 5:

Supplies and Resources

- *Breathe* Cadette Girl Scout Journey book
- *How to Guide Girl Scout Cadettes on Breathe*
- *Interest Projects for Girls 11-17*
- Markers, pens, paper, glue, scissors, and tape
- AIRY Science experiment materials, see pages 50-55 of the adult guide
- Healthy snack

Meeting Outline

- As the girls arrive:
  - Invite the girls to help set up the AIRY Science stations.
- Opening Ceremony
  - If the girls have a ceremony in mind, let them lead their chosen opening ceremony.
  - If they have not planned an opening ceremony, discuss their *Breathe* mission statement and how the girls are becoming more AWARE about air. See page 50 of the adult guide for more information.

- Discussion: Relaxed?
    - Lead the girls in a discussion about the relaxation techniques they have learned so far using the prompts on page 50 of the adult guide.
- Activity: AIRY Science
    - Guide the girls through their experiment stations using the information on pages 50 to 55. You might make copies of the experiments and pass them out before the meeting.
- Snack Time!
- Closing Ceremony
    - End this meeting with a ceremony of the girls' choice.

    - **Take Home Activity**
        - Invite the girls to read the stories in their books about real women working for change. They will choose one of the women featured in their book, or another woman who had made an important contribution to the environment and gather information about her. Refer to page 58 of *Interest Projects for Girls 11-17* for specific questions.
        - This activity satisfies the requirements for Skill Builders activity 4 from the Eco-Action Interest Project, found on page 58 of *Interest Projects for Girls 11-17.*

Meeting 6:

Supplies and Resources

- *Breathe* Cadette Girl Scout Journey book
- *How to Guide Girl Scout Cadettes on Breathe*
- *Interest Projects for Girls 11-17*
- Markers, pens, paper, glue, scissors, and tape
- Copies of the chart on page 58 of the adult guide
- Healthy snack

Meeting Outline

- As the girls arrive:
- Opening Ceremony
    - Begin this meeting by learning about wind power. Invite the girls to take turns reading aloud starting from page 91 of their books and ending on page 97.

    - This activity satisfies the requirements for Technology Activity 1 from the Eco-Action Interest Project, found on page 59 of *Interest Projects for Girls 11-17*.
- Discussion
    - The girls will share the information they discovered about their chosen advocate for air.
    - Encourage the girls to discuss anything they find interesting and share their thoughts.
- Activity: Planning for Air Care Observation
    - The girls will create an observation tool for use during the next meeting's field observation. Use the suggestions on pages 56 and 57 of the adult guide to help the girls create a tool to aid in their observations.
    - The girls will also decide on a place to hold the next meeting and conduct their field observations. This can be an indoor or an outdoor space, and be sure to consult *Safety Wise* when planning any outings.
- Snack Time!
- Closing Ceremony: Sharpen Your Vision
    - See page 57 of the adult guide for information about this ceremony.

Session Four: Get Aware

Goal: Girls conduct their air observations or public health exploration and interviews and add to their Compare Air logs. Along the way, they think about the flair they have as individuals and as a team. They consider their reasons for caring about air. They might even be ready to earn their AWARE award.

Meeting 7:

Supplies and Resources

- ☐ *Breathe* Cadette Girl Scout Journey book
- ☐ *How to Guide Girl Scout Cadettes on Breathe*
- ☐ *Interest Projects for Girls 11-17*
- ☐ Markers, pens, paper, glue, scissors, and tape
- ☐ Healthy snack

Meeting Outline

- As the girls arrive:
    - Make any final preparations for the field trip and be sure the adult assistants are prepared.
- Opening Ceremony
    - Conduct a small opening ceremony of the girls' choosing to begin the meeting.
- Get AWARE: Observational Trip
    - Be sure to specify a place and time to meet up after conducting the observations before your group splits up.
    - Use the prompts on page 60 of the adult guide to give the girls something to think about in their explorations.
- Snack Time!
- Closing Ceremony
    - Discuss the progress your group has made toward earning their AWARE awards. Refer to page 61 of the adult guide for more information about this closing ceremony.
    - **Take Home Activity**
        - As the girls are looking at the women featured in the book, they will also complete Career Exploration activity 4 by gathering additional information about one of the women featured in their Journey books. They will bring this information to the next meeting and share it with the group.
        - This activity satisfies the requirements for Career Exploration activity 4 from the Eco-Action Interest Project, found on page 59 of *Interest Projects for Girls 11-17*.
        - The girls will also need to complete pages 102 & 103 in the Journey book in order to receive their AWARE award at the next meeting.

Session Five: Alert Who About What?

Goal: The girls assess what they earned during their observational visit, and their reasons for caring about air. They use their insights to make a team decision on an ALERT project and begin planning it together.

Meeting 8:

Supplies and Resources

- *Breathe* Cadette Girl Scout Journey book
- *How to Guide Girl Scout Cadettes on Breathe*
- *Interest Projects for Girls 11-17*
- Markers, pens, paper, glue, scissors, and tape
- AWARE awards, enough for each girl
- A copy of the Vision Statement certificate from page 66 of the adult guide
- Healthy snack

Meeting Outline

- As the girls arrive:
  - Invite the girls to volunteer to help out with various parts of the meeting.
- Opening Ceremony: Earning AWARE
  - Begin with a ceremony of the girls' choice.
  - If they have completed all the requirements for their AWARE awards, they can also have a special ceremony to receive their awards.
- Discussion: Observing the Observations
  - The girls will discuss their observations from the field exploration. Use the prompts on page 63 of the adult guide to get the discussion going.
- Choosing an ALERT
  - You group will now decide on their ALERT project. Use pages 64 to 66 of the adult guide to help the girls decide what kind of project to do.
  - Invite the girls to fill out the certificate on page 66 of the adult guide with the Vision Statement for their ALERT project.
- Journey Logistics
  - Discuss the topics listed on page 67 of the adult manual with the girls so that they can make any necessary decisions before the next meeting.

- Animal Sense
    - Use page 67 in the adult guide to help the girls think about animals.
- Snack Time!
- Closing Ceremony: Flair Awards
    - Refer to page 67 of the adult guide for more information about this ceremony.

Session Six: Inspiration, Please!

Goal: With the ALERT issue established, girls get creative about reaching out to an Air Care Team and educating and inspiring that team to Act for Air. Along the way, girls consider the special flair they each can contribute to the team effort.

Meeting 9:

Supplies and Resources

- *Breathe* Cadette Girl Scout Journey book
- *How to Guide Girl Scout Cadettes on Breathe*
- *Interest Projects for Girls 11-17*
- Markers, pens, paper, glue, scissors, and tape
- Healthy snack

Meeting Outline

- As the girls arrive:
    - Designate assistants for the meeting and be sure they understand their roles.
- Opening Ceremony: An Airy Mood
    - Ask the girls how they would like to get themselves into an “airy” mood for today’s meeting.
    - Use the list on page 71 of the adult guide for examples of activities.
- Sounding the call: What’s the Plan?
    - Review the ideas from the previous meeting and discuss any changes they might want to make. Refer to the “W” and “H” questions to help them create their plan.
    - Invite the girls to think of who they would like to invite to join their Air care Team.
- Adding Our Flair
    - Use the questions on page 74 of the adult guide to help the girls assign specific roles for the project.

- The Power of Pithiness
    - Help the girls think of ways to be “pithy”, and create slogans that represent their project. Use the questions on pages 74 and 75 of the adult guide to help get their creative juices flowing.
- Snack Time!
- Closing Ceremony
    - Invite the girls to share their hopes for their work to educate and inspire an Air Care Team. See page 75 of the adult guide for a suggestion of what to say.

Session Seven: Alert! It’s Happening!

Goal: Girls continue planning and carrying out their ALERT efforts, concentrating on working as a team to mobilize their Air Care Team to act for air.

Meeting 10:

Supplies and Resources

- *Breathe* Cadette Girl Scout Journey book
- *How to Guide Girl Scout Cadettes on Breathe*
- *Interest Projects for Girls 11-17*
- Markers, pens, paper, glue, scissors, and tape
- Additional supplies for planning or advertising your ALERT project
- Healthy snack

Meeting Outline

- As the girls arrive:
    - Designate assistants for the meeting and be sure they understand their roles.
- Opening Ceremony
    - Invite the girls to choose an opening ceremony, refer to pages 42, 50, and 71 of the adult guide for ideas.
- Planning ALERT
    - Use this meeting as an opportunity to continue to plan the ALERT Project.
    - You might also use this time for the girls to create any posters, flyers, or other materials they may need for their ALERT Project.
- Team Check

    - Guide the girls to think about how they have been working as a team. Refer to page 81 of the adult guide for questions you can use.
- Snack Time!
- Closing Ceremony
    - Have the girls choose a closing ceremony.
    - Before the meeting ends, remind the girls of any supplies they need to bring for their ALERT Project.

Meeting 11 options:
The ALERT project can be completed during a meeting or on the girls' own time, it may also take multiple days to complete. Refer to pages 78-81 for tips and information you can use to coach the Cadettes on their ALERT Project.

Session Eight: Take the Pulse

Goal: Girls earn the ALERT Award and follow up on their effort to assess what "care for air" they may have set in motion. They decide if there are other actions they or their Air care Team can do to boost the effort. They begin to think about how they will AFFIRM and pass on their efforts as leaders, and take some Air Time to do an activity of their choosing.

Meeting 12:

Supplies and Resources

- *Breathe* Cadette Girl Scout Journey book
- *How to Guide Girl Scout Cadettes on Breathe*
- *Interest Projects for Girls 11-17*
- Markers, pens, paper, glue, scissors, and tape
- ALERT awards, one for each girl
- Healthy snack

Meeting Outline

- As the girls arrive:
  - Designate assistants for the meeting and be sure they understand their roles.
- Opening Ceremony: Earning ALERT
  - The girls will receive their ALERT Award, refer to page 83 of the adult guide for more information about this ceremony.
- Pulse Check: Toward AFFIRM
  - Discuss the ALERT project with the girls, use the dialogue on page 84 of the adult guide to encourage them to think about how their project went and how they might improve the next time they plan a project.
- Pulse Check: Teamwork
  - Discuss any challenges the girls faced in working as a team. Use page 84 of the adult guide to help them create a list of the challenges they faced, and how they overcame these challenges.
- Snack Time!
- Closing Ceremony
  - Invite the girls to choose a closing ceremony for today's meeting.
  - Before the meeting ends, ask the girls to begin thinking about who they would like to thank for their assistance with the ALERT Project.

Meeting 13:

Supplies and Resources

- *Breathe* Cadette Girl Scout Journey book
- *How to Guide Girl Scout Cadettes on Breathe*
- *Interest Projects for Girls 11-17*
- Markers, pens, paper, glue, scissors, and tape
- Supplies to create "thank you" cards
- Healthy snack

Meeting Outline

- As the girls arrive:
  - Designate assistants for the meeting and be sure they understand their roles.
- Opening Ceremony
  - Invite the girls to choose an opening ceremony, refer to pages 42, 50, and 71 of the adult guide for ideas.
- Giving Thanks
  - Help the girls create a list of who they would like to thank for their help on the ALERT project, and how they would like to thank these people.
  - Create special thank you cards for each of the people the girls choose.
- Gathering AFFIRMations
  - Use the instructions on page 85 of the adult guide to help the girls think about the impact they had on their community and gather "evidence" of their ALERT Project.
- Air Time
  - Invite the girls to look at the careers on page 98 of their books and talk about them. Discuss some other careers that relate to air or the environment.

  - **Take Home Activity**
    - The girls will continue to think about careers that relate to air and the environment by researching careers related to the environment and the law and choosing one to further explore. They will need to find out the nature of work and educational requirements for their career of choice, and bring the results to the next meeting.
    - This activity satisfies the requirements for Career Exploration activity 3 from the Eco-Action Interest Project, found on page 59 of *Interest Projects for Girls 11-17.*

- Snack Time!
- Closing Ceremony
    - Invite the girls to choose a closing ceremony for today's meeting.
    - Before the meeting ends, remind the girls about their Take-Home Activity.

Session Nine: Signs of Affirmation

Goal: Girls affirm their impact on Earth's air, compiling their AFFIRMation collage to present to Girl Scout Juniors. They also wrap up their "Air Time" fun and plan the closing celebration for their *Breathe* Journey.

Meeting 14:

Supplies and Resources

- *Breathe* Cadette Girl Scout Journey book
- *How to Guide Girl Scout Cadettes on Breathe*
- *Interest Projects for Girls 11-17*
- Markers, pens, paper, glue, scissors, and tape
- AFFIRM awards, one for each girl
- Healthy snack

Meeting Outline

- As the girls arrive:
    - Designate assistants for the meeting and be sure they understand their roles.
- Opening Ceremony: AFFIRM
    - Invite the girls to share their AFFIRMations of their impact on the community. Use page 88 of the adult guide to help the girls think about how they made a difference.
    - The girls will use the "evidence" they gathered to make their AFFIRM collage and write a note to the Junior Girl Scouts they will give their collage to.
- Earning AFFIRM
    - Present the AFFIRM awards to the girls, they can plan a small ceremony for this if they would like.
- Air Time
    - Invite the girls to look through their books and choose an activity they would like to complete, or something they would like to spend

more time thinking about. Refer to page 86 of the adult guide for Air Time activities the girls might enjoy.

- Planning a Final Celebration
    - Use this time to plan a Journey celebration. This can also be an award ceremony for the Eco-Action Interest Project, if they have completed the requirements. Refer to page 89 of the adult guide for planning tips.
- Snack Time!
- Closing Ceremony
    - Invite the girls to choose a closing ceremony for today's meeting.

Session Ten: Up, Up, and Away!

Goal: Girls celebrate their accomplishments on this journey and reflect on their roles as heirs apparent of air and all of Earth's elements.

Meeting 15:

Supplies and Resources

- ☐ Any supplies needed for the ceremony the girls have planned
- ☐ Copies of the "Heir Apparent" reflection, on page 93 of the adult guide
- ☐ *How to Guide Girl Scout Cadettes on Breathe*
- ☐ Healthy snacks for the group

Meeting Outline

- As the girls arrive:
    - Designate assistants for the meeting and be sure they understand their roles.
- Celebrate with Purpose!
    - Enjoy the celebration your troop or group has planned.
- Heir Apparent Reflection
    - Encourage the girls to think about their Journey as they fill out their "Heir Apparent of Air" reflections.
- Closing Ceremony
    - Complete a closing ceremony of the girls' choice; refer to page 92 of the adult guide for ideas.

Additional Resources

Frontiers of Flight Museum in Dallas - http://www.flightmuseum.com

McKinney Air & Space Museum – 214-504-0112

Astronaut Training Center – http://www.astronauttrainingcenter.com

American Airlines C.R. Smith Museum – http://www.crsmithmuseum.org

Important Dates

You might try to incorporate these dates into your Journey by doing special activities to commemorate the day's importance:

- February 22 – Thinking Day
- March 12 – Girl Scout Birthday
- April 22 – Earth Day & Girl Scout Leaders' Day
- October 31 – Juliette Low's Birthday