girl scouts river valleys

Junior Get Moving! Journey
Activity Plan 1

Purpose: When girls have earned this award, they'll have learned about different kinds of energy and how to use energy-efficiently.

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 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 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 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 *It's Your Planet—Love It!: Get Moving!* 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 Energize Award if:

- They make an Energy Pledge to reduce their energy use
- They complete at least two Energize activities to learn about energy
- They have witnessed or learned about how others are tackling energy issues

Girls can continue their Get Moving! Journey by earning the remaining awards: Investigate Award and Innovate Award.

Tips and Tools

- 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

- This activity plan has been adapted from the *It's Your Planet—Love It: Get Moving!* Journey, which can be used for additional information and activities.

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.

Girl Scout Promise	Girl Scout Law
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.	*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.

3. Play a game so girls get to know each other better. Use the example below, if needed.
    - Pile Up: Girls sit on chairs in a circle. Choose a leader who will have a list of "yes" or "no" questions, such as "Do you have on brown shoes?", "Are you wearing a ring?", "Is your favorite color purple?" As the questions are asked, those that can answer "yes" move one chair to the right. Those that answer "no" don't move. Girls will end up "piled-up" on chairs.

Activity #1: Ultimate Power Plant
Journey Connection: Session 1– Energy is Everywhere
Time Allotment: 10 minutes
Prep Needed:
- Gather materials and supplies.
- Optional: Make a poster with the outline of a power plant and include word or symbols representing the following types of energy: human power, solar power, electricity, chemical energy, heat and mechanical energy (such as a robot, engine or car).

Materials Needed:
- Poster of a power plant, whiteboard or easel
- Sticky notes
- Writing utensils

Steps:
1. Introduce the girls to the topic of energy by asking them to describe what they think energy is or does. If no one mentions it, point out that one way to think of energy is that it is the ability to do work.
2. Tell the girls that energy can take many different forms. The sun gives us energy in heat and light, and plants use that energy to produce food. We eat food to produce energy ourselves, which we can then use to do work and create other kinds of energy. We use electricity to make machines and devices work; the electricity is generated from coal, gas, nuclear energy, hydroelectric dams or heat from the earth. Chemicals react together to generate heat or movement, and things that are heated can be turned into mechanical energy in a machine's moving parts.
3. Give each girl some sticky notes and a writing utensil. Ask them to think about their week and recall a time when something they did involved energy.

4. The power plant or space on the board represents all of the different kinds of energy as if it all comes from one source. The girls' task is to write one of their energy uses on a sticky note and post it on top of the power plant. These are all things that need energy from our ultimate power plant source. If you have placed words or symbols on your power plant drawing, girls may choose to post their energy use near the energy type that seems most closely related. For example, if a girl writes, "play soccer" on her sticky note, she can post it near the "human power" word/symbol on the power plant poster.
5. Leave the sticky notes out, and inform girls that they can add more energy uses to the power plant poster as they think of them throughout the meeting.

Activity #2: Recycle Town
Journey Connection: Session 1—Energize Award
Time Allotment: 15 minutes
Prep Needed:

- Gather materials and supplies.
- Read through directions before leading girls through the activity.
- Before the game starts, spread your caps or chips around the play area. A grassy area is nice because the tokens will be harder to see. Fill your large container with water and put it at one end of the game area, and put the two empty buckets at the opposite end. There should be more than enough water in the large container to fill the two buckets.

Materials Needed:

- Bottle caps, poker chips or other small tokens (at least one per girl)
- Plastic or paper cups (one per girl)
- Two ice cream buckets or water pitchers of the same size
- Large water reservoir, such as a water cooler
- Open space

Steps:

1. Divide the group into two equal teams, and have each team line up behind one of the empty buckets. The teams represent two towns that are currently not recycling their pop cans. Each town makes its own pop cans by mining for bauxite ore, processing the ore into cans and filling the cans with pop. When the pop is gone, they throw the cans in the trash.
2. Station yourself with the cups off to the side, between the teams and the water.
3. When the game starts, the first person in each line collects a piece of bauxite by finding a token. They bring the token to the processor (you) to trade in for a cup, which represents the new aluminum can. Then they scoop up water in their cup (filling the can with pop) and bring it back to their line, where they empty the water into the bucket and stack the cup next to the bucket. Then they sit down at the end of the line, and the next person runs off to get her token. You can continue either until everyone has had a turn or until the bucket is full.
4. Ask the girls how it went. Ask them to look around at the bauxite area. Will they run out of bauxite (tokens) soon? What will the towns do when that happens? Are the remaining tokens harder to find? Look at the stacks of cups. What happens to these once they get thrown away?
5. Bring all the cups back to the processing site and spread the tokens out again. Now you will choose one of the towns to begin recycling (you may want to pick the team that came in second, but don't tell them that their process will be faster).
6. The first person in line at the recycling town will go through exactly the same process as before—find an ore token, trade it in for a cup, fill the cup with water, bring the water back to the bucket. Instead of starting a new stack of discarded cups, however, she hands the cup to the next person in line. This person does *not* look for ore, and does *not* get a new cup from you. Instead, they run straight to the water, fill up the cup and bring it back to the bucket, handing the cup off to the next person.
7. When finished, ask the girls what was different this time. They should notice that recycling helped the town in three different areas: raw material used (they didn't have to find more bauxite), amount of garbage sent to landfill (there were no cups stacked up in a pile) and energy consumed (in transportation and processing—it should have taken the recycling group less time to finish).
8. Introduce the idea of efficiency.

- Everything we do requires using some type of energy. Being energy-efficient means making the best possible use of that energy in ways that are the most inexpensive, healthy and sustainable.

Activity #3: Edible Compost Pile and Snack Chat
Journey Connection: Session 2—Energize Award
Time Allotment: 10 minutes

Prep Needed:

- Gather materials and supplies. If desired, assign a small team of girls to make a collage or poster of the information below as a fun visual aid.
- Make a poster listing different types of nitrogen-rich materials ("greens") and carbon-rich materials ("browns") that can be included in a compost pile. You might include:
    - Carbon-rich materials ("browns")
        - Dried weeds/leaves
        - Woody material, including sawdust
        - Paper products
        - Straw/hay
    - Nitrogen-rich materials ("greens")
        - Grass clippings
        - Raw fruit and vegetable waste, including peels, rinds, etc.
        - Egg shells
        - Coffee grounds
- Divide food materials to make serving easier, or assign someone to help set up the snack station on the day of the meeting.

Materials Needed:

- Clear cups or bowls
- Spoons
- Serving utensils
- A combination of "greens"
    - Pistachio pudding, lime yogurt, or mint chocolate chip ice cream
    - Coconut with green food coloring
    - Fruit
    - White chocolate chips (represents eggshells, which are "greens")
    - Oreo cookies, crumbled (represents coffee grounds, which are "greens")
- A combination of "browns"
    - Chopped nuts
    - Mini pretzels or pretzel pieces
    - Chocolate chips
    - Chow mein noodles
    - Trefoil or similar cookies, broken up
    - Optional: gummi worms

Steps:

1. Introduce the idea of a compost pile and find out if anyone has used one or contributed to one before. Compost piles break down some kinds of household waste into material that a yard, garden or farm can use to grow. Ask the girls to think about how compost piles are a good energy-use practice (there is less trash to be hauled away or put in landfills, gardeners and farmers don't have to buy other fertilizers. green plants produce food and oxygen, etc.)
2. Explain that the compost pile will decompose most efficiently (there's that word again) if there is just the right balance of nitrogen and carbon. If there isn't enough nitrogen (green), the pile temperature will be too cold for microbes to get to work. If there's too much nitrogen (green), the pile may get too warm for ideal decomposition or will develop an ammonia smell. Turning the pile every now and then adds oxygen and keeps the pile from getting too damp.
3. Go over the lists of greens and browns. Notice that there is no cooked food, meat or dairy in this compost pile. These items take longer to decompose and attract pests, so they are not recommended.

4. Sound yummy yet? Each person can now make her own pudding or ice cream reminder of what goes into a compost pile. Give each food item something to represent—for example, white chocolate for egg shells, chow mein noodles for straw, chopped peanuts for sawdust, green coconut for grass clippings, etc. Be creative!
5. Have girls layer the brown and green materials to maintain a balance in their pile. If they'd like, they can add gummi worms to their "compost piles" to speed up the process of decomposition.
6. While enjoying the "compost piles," here are some things to talk about:
    - Did you learn anything new about energy today? What did you learn?
    - What are some of your favorite things to do? What kinds of energy are you using when you do them?
    - Gardeners use compost to turn energy from humans and microbes (and earlier, plants and the sun) into new plant energy, while using less energy from power plants or vehicles. How can you use your human energy to reduce your carbon footprint?
    - Besides things to eat, what else do we get from plants?
    - Besides growing plants, what else can we get from the sun?
    - What activities do you like to do that make you feel energized?

Activity #5: Family Energy Pledge
Journey Connection: Session 2—Pledging to Save Energy
Time Allotment: 10 minutes
Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Paper
- Writing utensils

Steps:

1. Hand out the sheets of paper.
2. Review the ultimate power plant from Activity #1 and ask the girls if they thought of anything else they can add to the poster.
3. Ask them for examples of how some of these things can be done more energy-efficiently. For example, girls can turn off lights and appliances when they're not in use, buy products that use less packaging, bring reusable bags to the store and ask their parents if they can bike or walk together instead of drive.
4. Ask girls what they can do between now and the next meeting to be more energy-efficient. Optional: if they have their *Get Moving!* Journey books, girls can turn to pages 19–21 to get more ideas.
5. Girls should then create an energy-saving pledge that they can promise to do with their families, including their energy-saving ideas and some of the ideas you discussed. Optional: girls can also take home their list and create the pledge with their families.
6. Explain the following two things that girls need to do with their families before the next meeting. In order to earn the Energize Award, girls must:
    - Take home the energy-saving pledge (or develop it at home) and talk with their families about how to meet the challenge. They may decide to change the goal with their families or even try to increase their energy savings.
    - Talk with family members, friends and neighbors to find out what they do at their jobs or community work to address energy use. Family, friends and neighbors might install new energy-efficient appliances, develop work systems to better use employee time, be on a committee to make their church building more green, set up community carpools, etc.
7. Tell girls to be ready to report back about the people they talked with who work on energy issues, and what worked well for their energy-saving pledge.

Wrapping Up
Time Allotment: 15 minutes

Materials Needed:

- Optional: Make New Friends printed on poster board

Steps:

1. 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.
2. Sing "Make New Friends."

Make New Friends		
Verse One	Verse Two	Verse Three
Make new friends, but keep the old. One is silver, the other is gold.	A circle is round, it has no end. That's how long, I will be your friend.	You have one hand, I have the other. Put them together, We have each other.

3. After the song, ask everyone to be quiet.
4. Assign a 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.

More to Explore

- Field Trip Ideas:
    - Visit a building that has been made more energy-efficient, and has someone available to talk to your group about the details. You may find one that uses one or more of the following: solar panels, passive solar systems, green roof, roof garden, rain garden, wind power or greywater conservation.
    - Go to a grocery store or other large retail store and compare packaging on similar items. Where can a shopper make a big difference in reducing packaging waste?
    - Visit a regional recycling center or community compost facility.
- Speaker Ideas:
    - Invite family members to your meeting to do the activities with you.
    - Have a nutritionist, personal trainer or food scientist come to a meeting to talk about the energy we get from food.

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

Family Follow Up Email
Use the email on the next page 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 different types of energy on our way to earning the Energize Award.

We had fun:

- Discovering different ways we use energy every day
- Experiencing how recycling and composting are energy-efficient
- Creating an energy pledge to try ourselves.

Continue the fun at home:

- Look at your Junior's proposed energy-saving pledge. Decide what things you can do together to save energy and adapt as needed. Make sure everyone celebrates your success when you meet the challenge!
- Help your Girl Scout find someone in the family or in the community who works on energy issues. This can be in a job setting or in community service. It can be someone who works directly with energy use as their job, or someone who has determined how to be more efficient in what they already do. Have your Girl Scout ask this person about how they decided what to do and what energy issues they are addressing.*
- Make a nutritious snack together.
- Find a family activity to do outdoors that gets everyone moving.
- Look through the *Get Moving !* Journey book with your Junior to find other activities about energy use you can try at home.

*Completing this activity is part of earning the Energize Award.

Thank you for bringing your Junior to Girl Scouts!