Journey Assets

Ambassador

The journey books are packed with information and activities on science, healthy living, and the arts.

Because these topics are woven throughout the girl books and adult guides, we've created Journey Assets lists to give busy council staff and volunteers a fast, easy way to find the relevant pages for each topic area. You can use Journey Assets to plan events that address specific girl interests, provide examples to potential funders and partners, or recruit experts who can support girls and volunteers on the journeys.

Series: It's Your World—Change It!

Your Voice, Your World: The Power of Advocacy (girls'book)

Healthy Living

- 16-17: Advocacy sample: Nutritious food for your cafeteria.
- 20: How teens launched a campaign to get teens eating right.
- 24: Apple snacks, pumpkin pie smoothie.
- 26-7: Planning a meeting: Include healthful snacks and time for yoga, stretching, etc.
- 55: Discover your inner child: Skip, hop, run, etc.
- 91: Reward yourself with a long bike ride, time to read a novel, a pedicure—whatever relaxes you.

Science

79: Document your issue: Compile stats, create a database, conduct an experiment, analyze survey result, design a chart.

Art

- 39: Draw all the communities you belong to and would like to be a part of.
- 41: Create a community map.
- 47: Make a mood ring.
- 75: Put artistic talents to use: Take photos, make posters, etc.
- 76: Write a brochure or flier, submit an article, create a PSA, etc.
- 77: Design a billboard, create a political cartoon, perform a skit; create a documentary, etc.
- 84: Design a t-shirt with a clever slogan.
- 96: Prepare a presentation of what you've accomplished; perform a dance or a short play; present photos or paintings, etc.

Your Voice, Your World: The Power of Advocacy (adult guide)

Healthy Living

- 13: Go on a hike.
- 40: Include breaks for energizing snacks or just to relax.

Science

- 13: Invite a panel of experts, such as those working on the environment, health care, etc.
- 50: Definition of butterfly effect.

Art

- 13: Encourage girls to share their creative efforts (DIY projects, recipes, videos, etc.).
- 41: Come up with your own "A is for" lines to express hopes for the journey and keep adding lines to create a poem.
- 44: Make a crazy-quilt map of ways their communities intersect.
- 47:Do improv acting on a topic pulled out of a hat; brainstorm catchy slogans for t-shirts.
- 50: Create a group story or poem.
- 75: Create a photo essay or storyboard describing your effort.
- 80: Write down reflections on newsprint or posters.

Series: It's Your Planet—Love It! Justice (girls' book)

Healthy Living

- 7: Take a nature break to strengthen your connection to the environment.
- 39: Commit to spending 10 minutes of quiet time, away from all clutter and distraction.
- 54-5: What would happen if Americans walked or biked and ate less meat?
- 57: How much meat Americans eat; try substituting other protein sources like cheese, yogurt, beans.
- 93: Take a nature break; go for a walk.

Science

- 10: All about sage.
- 12: Steps to earn a Sage award: Observe, do math, be hawk-eyed, take the scientific view, decipher decisions, create your equation.
- 19: Do research on superfunds.
- 20-21: Important dates in environmental history.
- 25: Look at issues from every angle (example: the environment).
- 32-5: Environmental threats; toxic waste.
- 37: Archeologists study trash.
- 38: Environmentalists working to do away with waste.
- 40-41: Biofuels; two ways to turn plants into fuels.
- 42: Investigate an environmental injustice.
- 43: Facts about high-flying birds.
- 46: Assess your trash output.
- 47: Assessing your carbon footprint.
- 48: The carbon footprint of the U.S.
- 49-51: The carbon impact of various foods.
- 53: Geologist/engineer Cathy Zoi and climate change.
- 56: How livestock affects land.
- 58-61: Facts about and problems with bottled water.
- 63: Profile of engineer Jennifer Languell; finding ways to combat pollution.
- 67: Analyze your information and sources (example: what do the words "green," "eco-friendly," and "natural" really mean?)
- 68: Analyze ads and news stories (example: is unusual weather a sign of climate change?)
- 70: Facts about vision in hawks and owls.
- 71: Activity: Collect 10 examples of news stories and 10 ads, then compare and assess the messages.
- 75-6: Science is integral to environmental justice; how scientists assess environmental threats.
- 78-9: Scientific risk and uncertainty.
- 80: What is epidemiology; how experts research health.
- 82: How a physician stopped cholera with research and a map.
- 83: Dr. Paula Fujiwara and public health.
- 84: How statistics work.
- 87: Make a solar cooker from a pizza box.
- 88: Urgent need for engineers and technology for the future; samples of inventions that are helping.
- 90: The power of pasteurization.
- 94: Scientific advances and how they require observations, reasoning, experiments.
- 98-100: Projects that improve quality of life.
- 103: Working toward sustainability in products.

Art

- 28: Research: Find 5 inspirational poems or song lyrics.
- 36: Profile of artist Tatiana Deschenie.
- 70: Make an injustice collage.

Justice (adult guide)

Healthy Living

- 16: Take a break and enjoy the outdoors.
- 17: Go for a hike.
- 40: Assess habits: Do you ask for a ride rather than walking or biking?
- 49: Two actions to change a bad habit or start a good one.
- 50: Encourage girls to try dishes that might be new to them for a healthy protein swap: falafel, feta cheese, etc. Write down a new protein recipe; talk about how the meatless meal went over with the family.
- 62: Try sage tea.
- 75: Herb-sampling party: Herbs can add flavor to protein-rich alternatives to meat
- 84: Visualization and success, meditating on the steps toward a goal.
- 90: What personal habits have you changed, what have you enjoyed about nesting, enjoying nature?

Science

- 14: Soaring into math, science, engineering: Encouraging girls into these careers; how to sustain interest and build confidence; how science helps people in communities.
- 15: Cooking involves chemistry and math; make the most of every creative scientific moment; women in NASA.
- 16: Observe birds.
- 17: Plan meals cooked by a solar cooker.
- 19: Invite experts to talk about looking at issues from different perspectives.
- 38: Facts about shearwaters.
- 42: Investigate local environmental issues; girls can check out the pollutio in their county with scorecard.org.
- 45: Ask girls if they know a fun math or science teacher to join the next meeting about using math creatively.
- 50-1: Exercise: using a "levitations stick"; the science behind the levitation.
- 52-3: Statisticss on consumption of water, paper, aluminum cans; figure out how much you use.
- 56: Tips for writing a good survey.
- 57: Sharpen girls' critical thinking by looking at media; ask them to collect environmental news stories.
- 59: Take a short walk to observe nature; tabulate and analyze survey results.
- 63: Encourage girls to talk to a range of experts: environmentalists, engineers, meteorologists, etc. Talking with them opens the door for girls to see how science contributes to a better world.
- 64: Girls investigate the role of science and uncertainty, what science can and can't do for the environment.
- 65: Invite girls to dream up a green technology or green inventions; engage girls in thinking about future options in math and science fields.
- 66: Interviewing scientists to learn more about interpreting scientific results.
- 67-68: Activity: Viewing an environmental issue from different perspectives.
- 69: Separating scientific from non-scientific issues; scientific facts and uncertainties
- 70-71: Chart on scientific facts and uncertainties; recent scientific controversies, such as phtlalates and bisphenol A, thiomersal, rBST, genetically modified foods, etc.
- 74-5: Interview a decision-maker about how scientific information affected a decision.
- 87: Check the math on the guilty habits list.
- 92: Cook or bake favorite treats (recipes are equations).

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- 17: Create the cutout effect from the book cover using images from your world.
- 31: Encourage girls to share creative efforts: videos, inventions, etc.
- 32: Girls might enjoy creating a journal, mural, keepsake box, etc.
- 34: Spend some time at an art museum, craft show, sculpture garden or other art space; see how bottle caps, cans, etc., can be repurposed. The girls may want to start a team treasure box and make games or artifacts using what they collect.
- 40: Find photos and arrange in sequence to tell a story.
- 45: How to capture and present their equation: video, photos, poetry, etc.

- 61: Do some creative role-playing.
- 62: What would be your symbol for environmental justice; make a video or slide show of ideas about environmental justice.
- 82: Create an interactive display station, gallery, etc.
- 85: Cover art inspiration: Notice cut-out letters, capture images to inspire others with a double message of beauty and justice