

Journey Assets

Senior

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!

Girltopia: Toward An Ideal World for Girls (girls' book)

Healthy Living

38: Build confidence.

70: Organize a self-defense class; establish a safe place in the community.

Science

20-21: Observe things around you for inspiration (example: buildings designed by woman architect).

Art

20-21: Look at things around you for inspiration (examples: art by women artists).

24: Draw your avatar.

25: Create a video, build a sculpture, paint a picture, etc.

26: Suggestions for inspiration for your Create It.

27: Write a poem, song, etc. using these words. Create an online photo gallery.

32: Make a leadership bracelet.

33: Create a talk show for radio or TV with guests.

36: Keep a journal about your voice makeover. Act out a conversation.

37: Write a scenario to improve communication.

62: Be a part of an artistic team; check off roles you'd like to play.

64: Brainstorm slogans and turn them into stickers or buttons.

70: Make and post fliers on domestic violence hotline.

79: Invisible artists; women in fine arts.

93: Make a chart to map your community.

94: Write your Take Action statement.

96-8: What is publicity; make posters or fliers, create an e-campaign, write a news release.

101: Write a thank-you letter.

Girltopia (adult guide)

Healthy Living

14: Get girls outdoors to help them focus on creativity.

25: Encourage girls to experiment with snack treats that are uplifting: low-fat cheese on whole wheat, etc.

Art

6: Share the Create It with an online gallery, poetry night, etc. Girls may write a group poem, compile favorite songs, make a video, etc.

14: Visit museums, galleries, etc.; girls may want to make crafts, foods, inventions, videos, and other DIY projects.

22: Girls may want to make a swap in the form of a book.

40: Brainstorm ideas for your Create It.

44: Write a poem to a leader.

46: Make a life-size dream catcher.

47: Plan your Create It, begin filming or writing or painting.

74: Do a leadership talk show.

Series: It's Your Planet—Love It!

Sow What? (girls' book)

Healthy Living

14: Get girls outdoors to help them focus on creativity.

25: Encourage girls to experiment with snack treats that are uplifting: low-fat cheese on whole wheat, etc.

Art

6: Share the Create It with an online gallery, poetry night, etc. Girls may write a group poem, compile favorite songs, make a video, etc.

14: Visit museums, galleries, etc.; girls may want to make crafts, foods, inventions, videos, and other DIY projects.

22: Girls may want to make a swap in the form of a book.

40: Brainstorm ideas for your Create It.

44: Write a poem to a leader.

46: Make a life-size dream catcher.

47: Plan your Create It, begin filming or writing or painting.

74: Do a leadership talk show.

Sow What? (adult guide)

Healthy Living

17: Pack low-mileage snacks, local fruits, etc.

21: Discuss what a healthy relationship is, build healthy relationships.

31: Tap a community expert to offer strategies for healthy relationships.

41: Salsa recipe.

43: Practice a few minutes of quiet together.

52: Finding out what crops are in season, research and plan a recipe from local products.

53: Bring in raw items like fruit to savor together.

53: Discuss how relationships can nurture or sabotage.

56: Discuss how to have a healthy relationship with food; make a healthy food commitment.

62: Plan a feast of local foods.

88: Try as many varieties of one food as you can.

89: Why relationships with all kinds of people are important; recipe for a great, healthy relationship.

91: Invent a new kind of s'more with a low food print.

92: Get outside and hike or enjoy a day at the park.

Science

14: Girls learn science, math and engineering are part of everyday life. Teach girls that science, technology, engineering offer ways to help people and communities. Foster lifelong interest in these subjects.

16: Hike outdoors, observe nature and food networks.

17: Try cooking a meal using the sun's powers

22: The world's resources and who uses them.

34: What is a food print; girls learn about where food comes from.

37: Test the assumption that the farther food must travel, the greater the food miles and the bigger the food print.

39: Food foraging; food miles; COOL labeling; mapping your pantry, etc.

50: Explore food network and gather ideas, info and contacts.

52: Invite experts from the food community; research and plan a recipe.

54: What's a locavore?

55: Calculate the food print of the meal you prepare.

58: Learn more about the agriculture or science of food in your region.

60: Investigate local agricultural practices.

62: Create a compost pile or bin.

63: Imagine being a scientist who invents a new way to grow food.

65: Encourage girls to map their pantry.

67: Invite agricultural experts or scientists working to improve food-supply conditions, doctors or nutritionists who have worked with hunger victims, etc.

69: Research hunger via photos or stories in print or on the Web.

85: Activity: Girls try on a career, including science.

Art

18: Make a swap representing local foods.

22: Make a mini-commercial of food network story.

31: Girls who like to make crafts, foods, inventions, etc., share their favorite DIYs with team; tell a story with fabric scraps.

35: Make a mini-commercial about your food favorites; create a food network story.

38: Create a flip book that tells how food got to the table.

41: Write key phrases about what makes a meal special.

42: Hold a cook-off.

53: Girls compete to create a dish from scratch.

56: Create a new ritual to improve old habits, jotting it in your journey book.

85: Make a team collage.

86: Make a story, diagram or skit about what life would be like if you were a scientist, nutritionist, etc.

92: Gather fabric scraps and find an imaginative way to tell the story of where your clothing came from.

94: Say one thing you learned and capture it in a collage or on paper.

95: Say thanks with a note, a low-food-print treat, photo or drawing.