

Journey Assets

Junior

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!

Junior: Agent of Change (girls' book)

Healthy Living

36: Set up an obstacle course outside.

Science

72-73: A list of problems/global causes (including the environment) to think about and come up with ideas about what you could do to help.

Art

- 9: Create a "supergirl" comic, story, or TV script
- 13: Paste a photo of yourself in a frame and draw lines to your qualities.
- 44: Create a picture story of what your team is doing.
- 68: Tips for creating a story, comic or script of your supergirl heroine.
- 71: Draw a map of all the communities you belong to.
- 76: Join with kids to help them create stories.
- 84: Come up with slogans and songs for your project.
- 86: Make a project scrapbook.
- 88-97: Create and draw your own comic story about your project.

Agent of Change (adult guide)

Healthy Living

- 32-3: Power snacks that include protein and fiber, and not much sugar: fruit, low-fat cheese, yogurt, almonds, etc. Be on the lookout for power snacks in the community.
- 43: Choose outdoor activities that offer plenty of physical activity (tag, a walk, etc.).
- 53: Create an obstacle course with active stations.
- 58: Run the obstacle course, learn teamwork.

Science

- 10: Learn to find a problem, come up with ideas, make a plan.
- 43: Take a hike and find elements of the water cycle.
- 50: 57: Science heroines, including Jane Goodall.

Art

- 10: Power of Team Award: create a story, comic or TV script.
- 26: Encourage girls to write in their books.
- 29: Ceremonies need props, reading and music to nourish the senses, skits or gestures for the occasion.
- 43: Take time to experience how stories are created and shared (plays, films, books, etc.); collect items from nature for collages; encourage crafts opportunities, such as extending Power Logs into power bracelets to trade with one another.
- 47: Encourage girls to journal or write about their feelings.
- 48: Create a self-portrait collage; keep a log of daily activities and the power used for them; invite girls to set up a gallery exhibit of their work.
- 51-2: Girls write their story on paper or make trading cards or create a work of art; perhaps a herstory magazine or collage. Exhibit superhero stories or share them with younger girls; make Dream Team cards; make trading cards about themselves.
- 56: Turn herstories into a collection—collage, trading cards or magazine—and decide where to show them.
- 62: Act out the comic story.
- 63: Create a comic story or script, play, radio show, puppet show, etc.

74: Encourage girls to take plenty of pictures of the project so they can scrapbook.

76: Draw a resource pie.

77: Have girls do interviews and record one another's thoughts, or their own.

81: Create a poster to thank the community; make a scrapbook; come up with funny slogans; record theme songs for and inspiration station.

84: Girls write a community proclamation about their commitment to the community.

85: Use the end pages in the book to make a comic-book story of your project.

Series: It's Your Planet—Love It!

Get Moving (girls' book)

Healthy Living

- 22: Donna Zimmerman's vegan soups.
- 25: Work on getting a dog run in your area to get a little exercise for your dog (and you).
- 31: Make a walking salad nested inside cored fruit.
- 49: Suggestions for getting active outside.
- 103: Start your own walking school bus or bicycle train to school—good for your health and the environment.

Science

- 5: What is energy; how we're using too much.
- 6: Investigate energy around you; see how plants and animals use and conserve energy.
- 8: How spiders spin webs to conserve energy.
- 10-11: Comparison of different kinds of energy; illustration of wavelengths
- 12: Measuring energy.
- 14-15: What is global warming and what people are doing to combat it.
- 16-17: What's your carbon footprint; how much energy is used in different countries; CO2 emissions.
- 18: Pledge to use less energy; try going off the grid.
- 26-27: Waste, energy and wasted energy.
- 28-9: How many trees are used to make paper products; how people are trying to use less paper.
- 27-31: Timeline of paper and plastic and how long it takes to decompose.
- 33: How long it takes different items to decompose; items made from recycled goods.
- 34: How a Girl Scout reduced waste in her school cafeteria.
- 35: How you can reduce waste in your cafeteria.
- 36-9: Making recycled paper.
- 45-8: All about butterflies and how global warming is affecting migration.
- 50-1: Conservationists and saving animals from extinction.
- 52-3: Natural energy around the world: Victoria Falls, northern lights, etc.
- 54-7: Light pollution: how it wastes energy and what people are doing about it.
- 59: Notice how many lights are on and how much energy is being wasted; measure the light in your city's night sky and report it to GLOBE at Night.
- 60-65: Building to conserve energy.
- 68-9: Do an energy audit of your building.
- 70-71: Prepare your house for an energy audit by looking for leaky windows, plugged-in electrical equipment, etc. Facts about where energy is wasted in a home.
- 72-3: Tips for being energy smart; check your school and other buildings for energy efficiency.
- 74-5: Forms for Building Bio and Energy Audit.
- 76-9: How cars affect the environment; why bikes can help; new bike programs

in cities.

80-1: Start a community bike sharing program.

83: Engineer Denise Gray is working on a battery that will power an electric car.

84: How Zipcars conserve resources.

86-101: How walking school buses or starting a bicycle train to school can save gas and help the environment.

107: Investigate energy use in a building in your community.

Art

13: Draw a diagram of the places energy is used in your room.

40: Making paper from weeds, carrot tops, etc.

41: Turning plastic bags into purses.

42: Making clothing from recycled trash.

58: Draw what you want the night sky to look like.

63: Draw your dream green home.

66: Draw an old building and what you'd like it to look like; convert an underused space into a pop-up gallery for your artwork; plans for smart energy use.

82: Draw your dream car.

(If you have time and materials, put your own twist on these activities, such as having girls make a model of their building, or construct a dream car from recycled materials.)

Get Moving (adult guide)

Healthy Living

30: Plan outdoor activities that offer physical activity (tag, freeze-dancing).

31: Energy snack suggestions: Lettuce envelopes, fresh fruit, trail mix, hot apple juice, orange smiles, popcorn light bulbs, make-your-own granola bars. Suggestion to go to MyPyramid.gov for nutrition tips.

36: Ask girls to name ad slogans for snacks and rate how energizing the snacks are. Share energizing snack suggestions.

82: Ideas for energizing snacks; play freeze dance to have fun with energy.

86-7: Encourage girls to walk/bike to save energy and get moving; walkability/bikeability survey.

95: Play a giant game of freeze dance, create an energizing snack such as popcorn light bulbs.

Science

14-5: Observe the night sky; find constellations; facts about North Star; light pollution.

16: Make homemade firestarters with recycled materials.

22-3: Observe animals in nature, discuss their movements and use of energy.

29: Encourage girls to think wisely about resources; invite them to collect recycled or natural decorative bits, fallen leaves, etc.

30: Encourage girls to write down their observations on outdoor trips.

33: Definition of energy; how we use energy; definition of energy efficiency.

34: Tell girls about awards: Energize, Investigate, Innovate.

35: Making recycled paper.

36: Invite energy experts as guests.

39: Make energy pledges; why it's good to use less energy.

40: Study how much waste is in packages; better ways to package.

41: Experiment: How plants turn sun's energy into light; girls sketch plants, particularly noting the leaves, and observe how sunlight affects them.

43: Importance of recycling.

44: Girls investigate how animals use energy according to their needs.

45: Observe animals in nature and jot down thoughts and observations; discuss how animals conserve energy.

46: How elephants communicate; lemurs; discuss the behavior of animals compared to humans.

48: Explore energy use in buildings.

50-2: What's a watt; check on the plant/light experiment; types of light bulbs and how they work; experiment to find out which bulbs use more energy.

53: Experiment: Investigate drafts and brainstorm how to improve them; definition of investigation.

54: The value of insulation; experiment to test how well items insulate; tips for keeping warm.

57: How much energy buildings use; conduct an energy audit of a community building.

58-9: Suggestions for energy experts; how to conduct an energy audit and record information collected during the audit; visit a thrift store to study

recycling. Encourage girls to be curious and use what they've learned; look for clues to the building's energy use.

60: Encourage girls to look over data and observations, get expert advice, and share findings with building manager.

68: Hello, I'm An Engineer—career profile.

69: Different types of engineers and what they do.

70: Questions to ask during an investigation or energy audit.

71: Analyze your data.

72: What you learned from your energy audit.

73: Share what you've learned and advocate for change.

76: Where the term green came from; profile of architect; a puzzle that makes you think outside the box.

78: Check in on the plants/light experiment and make observations.

82: Visit a hybrid car dealer and learn how the car works.

83: Come up with an Innovate project idea.

84: Explore energy spent and saved in transportation; name a constellation.

93: Invite girls to build a girl-powered Human Perpetual Motion Machine with some girls becoming forms of renewable energy and some becoming gears, wheels, etc.

Art

16: Make homemade firestarters with recycled materials, make shadow puppets.

30: Experience how stories are created and shared (comics, writing, illustration, design). Encourage crafts opportunities as they arise.

35: Use recycled paper to make posters about energy or personal energy certificates.

40: Definition of furoshiki; suggest girls make a recycled package.

41: Sketch plants in the light experiment; use triangles of paper to make beads; make necklaces or a team strand in which each girl contributes beads with the energy pledge.

42: How to make the beads; use leftover beads to make bead swaps.

46: Create images or poems inspired by what girls observed in animals; write a haiku; compose a rhyming chant or rap; sketch a picture of an animal or insect using energy.

47: Make drink cozies from recycled denim.

55: Instructions for making hot drink cozies from denim.

80: Use recycled paper to make silhouettes of friends or family members.

Art

16: Make homemade firestarters with recycled materials, make shadow puppets.

30: Experience how stories are created and shared (comics, writing, illustration, design). Encourage crafts opportunities as they arise.

35: Use recycled paper to make posters about energy or personal energy certificates.

40: Definition of furoshiki, suggest girls make a recycled package.

41: Sketch plants in the light experiment, use triangles of paper to make beads, make necklaces or a team strand in which each girl contributes beads with the energy pledge.

42: How to make the beads, use leftover beads to make bead swaps.

46: Create images or poems inspired by what they observed in animals, write a haiku, compose a rhyming chant or rap, sketch a picture of an animal or insect using energy.

47: Make drink cozies from recycled denim.

55: Instructions for making hot drink cozies from denim.

80: Use recycled paper to make silhouettes of friends or family members.