It’s Your World—Change It!: Agent of Change

**Audience:** This series is for Juniors Girl Scouts and is suitable for in-school and after-school troops.

**Purpose:** Girls will complete the Agent of Change journey and can earn three awards at the completion of this series: Power of One, Power of Team and Power of Community. This series emphasizes confidence, teamwork and cooperation as the girls take action to better their community!

**Duration:** This series is comprised of 11 sessions that are each approximately 45 minutes long. In some cases, groups may need an additional session or two to complete their Take Action Project to earn their Power of Community award.

**Required Materials:** For the success of the journey, the facilitator(s) will need a copy of the adult guide for the journey and one copy per girl of the Agent of Change journey book. Additional materials for each session are listed just below the session title and it would be helpful to prepare these materials well in advance of facilitating that session.

**Prior to the Series:** It would be helpful for the facilitator to read the Agent of Change journey and each session’s activities in advance to understand the “big picture” of what will be covered. All sessions in this series need to be completed in order for the girls to earn the awards and all can be expanded to add to the girls’ experience.
Session 1: Building Circles from the Inside Out
Additional Materials Required: colored pencils or markers, glue sticks, magazines, scissors and photocopies of page 15 in the girl journey book (1 per girl)

Agent of Change Introduction: 20-25 minutes
Have the girls sit in a circle and introduce themselves by saying their name and something unique about themselves. Introduce the Girl Scout Promise and the Law and have the girls repeat it after you. Then pass out the Agent of Change journey books and have the girls open to page four. Choose one girl to read page four and another to read page five. Then read page six to them and have a few girls share how they have shown their power lately. Finally, choose two or three girls to read page seven out loud to the group; this page is important because it describes the three awards the girls will earn along their journey!

I’m Being Framed!: 20-25 minutes
Read the top of page 11 to the girls and have them look at page 12 before beginning the activity.

Then have the girls turn to page 13 and pass out colored pencils or markers. Let the girls draw a picture of themselves in the middle of the box. Then pass out the glue, magazines and scissors, and have the girls create a collage of words and pictures that describes who they are.

If time allows, have the girls share their creation with the group!

Power Log: Take Home
Pass out copies of page 15, “Power Log.” Have the girls take this home and fill it out for one full day before the next session. Tell them that any activity or thing they do should be included because it all takes power!
Session 2: Looking Back at Herstory

Additional Materials Required: thirteen index cards with women’s names on them (women from pages 17-22 and 27) and masking tape

Power Log: 5-10 minutes
Have the girls share their Power Logs that they completed at home. Use pages 48-49 in the adult guide to steer the conversation.

Looking Back at Herstory: 15 minutes
Pass out the girl journey books and have the girls turn to page 17. Allow the girls to take turns reading out loud to the group pages 17-22; then skip ahead and have them read page 27. Allow for a bit of discussion between the readings to keep the girls engaged in the material. At the end, ask “Why is this important? Who cares about herstory?”

Who Am I?: 20-25 minutes
Choose one girl to go first and stand in front of the group. Place one of the cards on her forehead that shows a woman’s name discussed in the readings. The group should, one at a time, give the girl hints until she correctly guesses which woman from herstory she is! Allow the group to reference the journey book, but not the girl that is guessing. Repeat until time is up and/or everyone has had a turn!
Session 3: Heroines and Leadership

Additional Materials Required: cones, balls, and other objects to use as obstacles and bandanas (1 per 2 girls)

Discussion of Heroines: 20 minutes
Ask the girls to define what makes a heroine and to name some examples. Then ask the girls, “What is the difference between a heroine and a celebrity?” Explain that some people are famous for what they accomplish, others for being rich or beautiful, and some are never even acknowledged or known for the impact they have on a community. See if the girls have any stories of “unsung” heroines who never looked for attention or fame for the good things they accomplished, even on a smaller scale as someone from a school or church. Finally, go through the Girl Scout Law and have the girls share examples of heroines who represent each line of the law: who is a heroine for being honest and fair, friendly and helpful, etc.

Go Team!: 5 minutes
Have the girls each read out loud a section from page 34 in the girl journey book. What other qualities that were not listed make a good leader?

Fingertip Lead: 20 minutes
Tell the girls that being in a team requires trusting your leader! Divide the group into pairs and have the girls in each pair decide who will go first. The girls going first should close their eyes, while the other girl in the pair helps set up some of the obstacles in the room. For girls who will peek, blindfold them with a bandana. When the girls are done setting up the obstacle course, tell the girls with their eyes covered to hold out their hands in front of them, fingertips extended. The leader in each pair should press her fingertips against her partners and by feeling and communicating, guide her around the room and the obstacles. After five minutes, have the girls switch and move some of the obstacles. Then have the girls open their eyes, sit down, and discuss their feelings about trust and leadership.

Session 4: SuperShelterMakers

No additional materials required

Power Word Search: 10-15 minutes
Have the girls try the word search on page 26. How many words could they find?

SuperShelterMakers: 30-35 minutes
Have the girls take turns reading parts from the comic-book story on pages 45-63. When the story is done, have the girls turn the page and continue to read out loud pages 64-66. Then discuss the questions on page 67.
Session 5: The Power of Story
Additional Materials Required: white paper, pencils and colored pencils

The Power of Story: Entire Session
Divide the group into teams of four or five girls. Tell them that they will need to work with their teammates to create a story, skit or comic about an issue they see in their community. Their story requires the participation of all team members, and can follow the story format on page 44 in the girl journey books. The stories, skits and/or comics will be presented at the beginning of the next session, so encourage girls to create something that can be finished within one session. If groups are struggling to get started, tell them to first choose how they want to tell their story and then decide which issue to tackle!

Before the girls leave for the day, collect their stories so they are not lost at home!

Session 6: Sharing Heroine Stories
Additional Materials Required: stories from last session and pencils

The Power of Story: 5-10 minutes
Allow the teams to practice their stories once or twice alone before presenting in front of the entire group.

Presentation and Discussion of Heroine Stories: 25-30 minutes
Have each group present their story! Use the discussion questions, “Stories and Their Issues” on page 66 of the adult guide either between each performance or at the end. Also compare what issues seem to be the most important amongst the group.

Mobilize the Moxie: 10 minutes
Pass out the girl journey books and have the girls turn to page 39. Have the girls to take turns reading pages 39 and 40 out loud to the group. Discuss the two questions on page 41 and finish the session by having a few girls read page 42 out loud.
**Session 7: My Communities**

Additional Materials Required: Index cards (3 per girl) and pencils

**What is a Community?: 10 minutes**
Begin the session by having the girls sit in a circle. Ask them for a definition of community. They should come up with something resembling “any group of individuals who share common interests or connections”. Have them open to page 69 and 70 in the girl journey book and take a look at some of the examples Dez gives of communities.

**Big Wind Blows for Communities: 15 minutes**
Play the game “Big Wind Blows” with a twist: have the girls say a community that she belongs to! See below for the original rules.

Everyone stands in a circle with one person in the middle. The person in the middle says “The Big Wind Blows for anyone ______.” They fill in the blank with something like "wearing socks", "who has a birthday in September"... etc. Everyone who fits that description has to go into the middle of the circle and find a new place to stand; the one rule is that they cannot stay in their own spot and they cannot go to the spot immediately beside them. The person in the middle tries to get a spot on the edge of the circle and this leaves someone in the middle, who makes the big wind blow again!

**The Real Me: 20 minutes**
Have the girls sit in a circle. Follow the directions for this fun activity on page 70 in the adult guide. When completed, your group should feel even more connected as a community than before!
Session 8: Take Action Brainstorm
Additional Materials Required: flipchart paper and a marker

Change It Up!: 15 minutes
Have the girls open their journey books to pages 72 and 73. Give the girls about 10 minutes to fill in the boxes with ideas for Take Action Projects. Encourage the girls to write things they would enjoy doing and that often is the first few things that come to mind! Then have the girls share their top two choices and compile a list of them on the chart paper for all of the girls to see. Remind them that they will be completing their Take Action project at their meeting place, unless transportation can be arranged for the group to meet off-site.

Building Consensus: 20 minutes
Have the girls turn to page 37 in the girl journey book. Choose a few girls to read this page out loud to the group and have them try the “Fist-to-Five” technique based on favorite ice cream flavors or candies (name the flavors for them as the “speaker”). This way, it will make “Fist-to-Five” a bit more fun and encourage the girls to feel safe expressing their opinions.

Then try “Fist-to-Five” with the Take Action Project Ideas listed on the chart paper. Count how many girls have four and five fingers extended for each idea, and see which idea has the most “votes”. If there are any girls with one or no fingers extended for an idea that had many four and five finger votes, have them share their reservations. In the end, decide which topic has the most “finger” votes, and use this for the Take Action Project!

Team Hopes: 10 minutes
Have the girls turn to page 77 in their journey books and choose two girls to read this page out loud. Then discuss page 78: what are the group’s hopes for this project? What do they want to accomplish?
Session 9: Create an Action Plan
Additional Materials Required: flipchart paper and a marker
Preparation Required: Read page 75 in the adult guide.

Checklists: 15 minutes
Pass out the journey books and have the girls turn to page 79. Discuss the questions listed in the gold box to get the girls focused on planning the Take Action Project. Then turn the page and create a list of “people” resources and “stuff” resources necessary on the chart paper. Finally, have a “reality check” with the group. What can they expect to accomplish during one or two sessions?

Chart it out: 20-25 minutes
Create a chart that looks like the one on page 83 of the girl journey book on the large flipchart paper. Guide the girls to complete this chart with all of their ideas, encouraging them the whole way; planning is not always the “fun” part, but is a necessary step to accomplishing a goal and making a difference in the community! Allow the girls to use page 82 in the girl journey book for ideas of possible to-do’s, keeping in mind the tips from page 75 in the adult guide to keep their idea realistic.

If any supplies are needed, make a few of the girls responsible for bringing some of those items and get the rest using troop funds. If this is not possible, have the group re-evaluate their choice of materials. The materials will need to be brought to the next meeting.

If Time Allows
Human Knot: 10-15 minutes
Gather the group in a large circle. Have the girls put their left hand in the middle, and hold hands with someone in the circle that is not directly next to them. Repeat with the right hand, and be sure to hold hands with a different person that is not directly next to them. Then the group must use teamwork to unravel themselves into a circle again without coming disconnected.

Helpful Hint: To ensure that everyone is in the same circle, send a “pulse.” One person begins by gently squeezing the right hand of the person next to them. The person who is squeezed gently squeezes their opposite hand, which passes the pulse to the next person. Continue until the pulse reaches the person who began the pulse.
Session 10: Take Action!
Preparation Required: purchase or collect supplies for Take Action Project and read pages 80-81 in the adult guide for inspiration.
Additional Materials Required: Take Action Project supplies

Take Action!: Entire Session
This is the time for your girls to Take Action in their community! Motivate the group as they accomplish their goals, but ensure that the project execution is completely girl-led. Encourage them to finish most of the Take Action Project in one session, but you can always add additional sessions so your girls can finish their project.

Session 11: Reflect and Celebrate!
Preparation Required: Create Positive Straws (see page 83 in adult guide)
Additional Materials Required: remaining Take Action Project supplies or
If group has completed their project: one container, 20 labeled straws and colored pencils

Finish Take Action Project: 20 minutes
If the group is almost done with their Take Action Project, use the beginning of this session to finish it. Your group may also want to invite nearby community members to experience their project! If more than 20 minutes is needed to finish the project, allow for an addition session or two before continuing on to the reflection and celebration section.

Reflecting on the Journey: 15 minutes
Use the discussion questions on page 85 in the girl journey book and page 82 in the adult guide to have the girls reflect on their experience improving their community. Then present your girls with their three journey awards!

If Time Allows
Pull Out the Positive: 15-20 minutes
Gather the girls in a circle and have them, one by one, choose a straw and tell a brief story about an experience from their Take Action Project that “captures” what’s on their straw.

Your Journey, Your Memories: Remaining time
If any time remains in the session, have the girls turn to page 89 in their journey books and work individually or in pairs to create a comic based on the power-filled journey they just completed. This can serve as a great keepsake (in addition to the actual awards) for the girls to remember their experience in the Agent of Change journey!