It's Your World—Change It!: aMAZE

**Audience**: This series is for Cadette Girl Scouts and is suitable for troops and groups.

**Purpose**: Girls will complete the aMAZE journey and can earn three awards at the completion of the series: Interact Award, Diplomat Award and Peacemaker Award. This series is extremely relevant for teens because it discusses the twists and turns of friendships, including bullying and cliques.

**Duration**: This series is comprised of 12 sessions that are each approximately 1 hour long.

**Required Materials**: For the success of the Journey, the facilitator(s) will need a copy of the adult guide for the Journey, one copy per girl of the aMAZE Journey book and a pen or pencil for each girl. 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 aMAZE Journey and each session’s activities in advance to understand the “big picture” of what will be covered. All sessions in the 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: First Impressions in The Maze
Additional Materials Required: a piece of paper and envelope (1 set per girl)

Opening Ceremony (10 minutes)
Welcome the girls and let them know that Girl Scout meetings are a safe space where the girls should feel comfortable expressing their opinion, and anything personal that they decide to share should stay in the room. Have the girls gather in a circle and ask the girls to say their name and share something funny or interesting about themselves that others in the group wouldn’t know. It could be anything from their pets’ names to something they are afraid of—the activity is just meant to “break the ice” if the girls do not already know each other!

First Impressions (15-20 minutes)
Have the girls read and complete pages 16-19 in their aMAZE girl Journey book. You may choose to have them complete page 17 and before moving on, have the group discuss their answers. Page 19 is also a great page to have a few girls read out loud to the group and may spark a great conversation!

What’s In Your Maze? (10-15 minutes)
Ask the girls to brainstorm some ways in which their lives are like a maze, using real-life experiences. Feel free to use some of the questions at the bottom of page 32 of the adult guide as starters. Then explain the purpose of the journey, as explained at the bottom of page 33.

Closing Ceremony: Going for Goals (10 minutes)
Complete the activity on page 37 of the adult guide and at the end of the activity, ask the girls what they would like from this Journey experience. Keep the girls’ ideas in mind when planning the series and integrate their interests into the activities as often as possible.

Before the girls leave, ask them to bring in a small container to decorate. They will use these to make their Peacemaker kits.
Session 2: Teams and Peace

Preparation Required: Create a “Beneath the Surface” ball. Directions can be found on page 20 of the aMAZE girl Journey book with additional questions on page 36 of the adult guide. Try to choose questions that reflect the comfort level of the group and make sure there is one question per girl in the group. Materials to create the ball are: one beach ball, permanent marker and a roll of masking tape or thin blue painter's tape.

Additional Materials Required: large flipchart, marker, “Beneath the Surface” ball, extra Peacemaker containers, glue, scissors (1 per girl) and magazines to use for collage

Beneath the Surface (15 minutes)
Gather the girls in a circle and toss the ball to someone. That girl should pull off one piece of tape, read the question out loud to the group and answer it honestly. Keep going until each girl has had a turn or all the questions have been answered! Then ask the girls, “What does it mean to go beneath the surface?”

Team Agreement (20 minutes)
Invite the girls to create a Team Agreement together on flipchart paper, and have all the girls sign it at the bottom. See page 35 in the adult guide for a few starting ideas.

Create a Peacemaker Kit (25 minutes)
Tell the girls that they are going to create a Peacemaker kit, which will hold mementos from the journey to remind them of their experience. Girls should feel free to place anything in these, like a piece of paper with a quote or poem, a drawing, an image from a magazine, or anything else they discover along the way. Pass out the glue, scissors and magazines so the girls can make a collage outside to their Peacemaker kits. Collect the Peacemaker kits at the end and bring them back to the appropriate future sessions.

Session 3: Stereotypes and You

Additional Materials Required: Peacemaker kits from Session 2

How Do You Know? (10-15 minutes)
Use page 42 in the adult guide to begin a conversation about stereotypes. Skip the discussion of stereotypes in TV show characters; they will cover this in the next activity.

Character Charades (20 minutes)
Why talk about stereotypes when you can act them out? One girl at a time, have them act out a well-known TV or movie character. What stereotype(s) were used in portraying that character?

Stereotypes and You (20 minutes)
Follow page 43 in the adult guide to lead the girls through a discussion and quick activity about stereotypes. The girls will need their Journey books to complete the “Break Down Those Stereotypes!” activity.

Reflection for Peacemaker Kit (5-10 minutes)
Have the girls complete page 25 in the aMAZE girl Journey book and place a copy of their responses in their Peacemaker kit.
Session 4: Navigating Friendships
No Additional Materials Required

Navigating Friendships (20 minutes)
Have the girls complete the quiz on pages 26-29 of the girl Journey books and complete “What Really Matters” on page 31. Then discuss the girls’ answers to both and how their answers reflect the friendships in their lives.

Friendship Game (15 minutes)
Ask the girls to choose one of the friendship games from page 51 in the adult guide and play that as time allows. The group can always play the other game another day!

Talk Show: Ask the Expert (25 minutes)
Follow the instructions for this fun activity on page 45 of the adult guide. Girls will get to give each other friendship advice in a made-up talk show.

Session 5: Defy the Pressure
Additional Materials Required: Peacemaker kits

Where Do You Stand? (20 minutes)
Follow the activity on page 52-53 of the aMAZE Journey adult guide for approximately 15 minutes. This activity gives girls a chance to take a stance on peer pressure, clarifying their own values in the process. Remind girls that peer pressure is a form of bullying and relational aggression. Then use a couple of the discussion questions at the bottom of page 53 to reinforce the experience.

Friendship Obstacles and Defy the Pressure (15-20 minutes)
Have the girls take turns reading pages 40-43 in the girl Journey book out loud to the group. Then have the girls work in pairs or small groups to complete “Defy the Pressure” on pages 44-45 and share their answers if time allows.

Jealousy (10-15 minutes)
Switch up the pairs from the last activity and have the girls read and complete pages 48-49 in the girl Journey book. If time allows, pairs can discuss their answers with one another.

No-Pressure Zone (10-15 minutes)
As a group, brainstorm 10 Great Tips for Dealing with Peer Pressure. Have each girl write down the group’s list and keep it in their Peacemaker kits.
Session 6: Cliques and Conflicts
Additional Materials Required: flipchart paper, marker and a small ball

Four Corner Game (20 minutes)
Select four girls out of the group, and ask them to go to each corner in the room or designated area. Have the remainder of the girls stand in the middle of the space. Give each girl in a corner a visual characteristic, such as “wearing pink” or “has brown hair,” but say it quietly enough that none of the other girls can hear what is said. Then ask the girls in the middle to wander around the space to different corners, and ask if they can join that girl’s group. The girl in the corner can only accept a new girl to her group if she has that characteristic. For instance, if the girl’s corner characteristic is “wearing black sneakers,” she can welcome a girl wearing them and will ignore and deny a girl wearing white shoes. Girls that have been accepted to a group remain in that corner. Continue until every girl has gone to the four corners and has either joined one, or is stuck without a group. Then discuss the following questions:

• What did you think of this activity?
• Do you know why you were accepted to your group? If not in a group, do you know why?
• Have the original girls in the corners share their characteristic. How does it feel to be included or excluded based on this characteristic? Is it fair or logical?
• How is this similar to cliques in your community or school?
• What could be done to prevent this from happening in your circles of friends?

Cliquish? (20 minutes)
Follow the activity on page 54 of the adult guide, including tossing the ball for brainstorming. This will reinforce the first activity and highlight the differences between cliques and circles of friends.

Clique and Conflicts (20 minutes)
Have the girls read pages 54, 55 and 58 in the aMAZE girl Journey book and complete page 59. If time allows, have the girls share their answers.
Session 7: Conflict Resolution

Additional Materials Required: Peacemaker kits and paper (1 piece per girl)

Opening Discussion: Gossip (5-10 minutes)
Ask the girls to define “gossip”. Then ask a few girls to share an experience when gossip made its way through their circle of friends and how it affected the relationships those friends shared.

Telephone (10-15 minutes)
To bring gossip to life, have the girls play a couple rounds of the game “Telephone”. Gather the girls in a seated circle. One girl will start a “rumor” and whisper it to the person to her right, who in turn will whisper the “rumor” to the girl to her right. Continue this pattern (girls may NOT ask for repeats) until the last girl receives the “rumor”. She then will say out loud what she heard the “rumor” to be!

“I-Statements”: The Key to Resolving Conflicts (25 minutes)
Have the girls turn to page 63 in the girl Journey book and take turns reading the bubbles out loud to the group. Then continue on pages 64 and 65. Have the girls turn back to page 63 and answer any questions the girls may have about the “I feel... when you... because...” model using pages 55 and 56 in the adult guide.

Break the girls into pairs and invite them to look at the scenarios on pages 66-67 of the girl Journey book. Ask them to practice responding with their own “I-Statements” in their pairs.

Conflict Resolution (15 minutes)
Ask each girl to read a strategy from page 68 in the girl Journey book out loud to the group. On a piece of paper, have the girls write an “I-Statement” in response to a conflict they are currently having. Then on the back have the girls write their answers to the questions listed on page 73. When the girls are done have them place this piece of paper in their Peacemaking kits.

Session 8: Caution: Bullies Straight Ahead

Additional Materials Required: Peacemaker kits and paper (1 piece per girl)

Take Back the Power (10-15 minutes)
Open the session with a discussion of bullying using page 61 in the adult guide.

Flip the Script (25 minutes)
Begin the activity by having someone read page 84 in the aMAZE girl Journey book out loud to the group. Then follow the directions on page 63 of the adult guide. If the groups would like to perform for one another, have the witnesses try on different types of roles, including being a defender. How does this change the situation? Also ask a couple of the groups to try “disarming” their bully using the script on page 62 of the adult guide. How does this result in a more positive situation for the target? Conclude the activity with the discussion questions at the bottom of page 63.

Surfing Through Cyber Relationships (20-25 minutes)
Follow pages 64-65 in the adult guide for a discussion and activity about cyber relationships and cyber bullying. Have the girls place their brainstormed ideas from the activity in their kits. Then have the girls sign the Internet Safety Pledge on pages 110-111 of the aMAZE girl Journey book if they would like to earn their Peacemaker Award at the end of the series.
Session 9: Let Peace Begin with You
Additional Materials Required: Paper (1 piece per girl), flipchart paper and a marker

Opening Ceremony and Relationship Skills (10-15 minutes)
Follow the Opening Ceremony and “How Do Relationship Skills Impact the World” sections of page 72 in the adult guide. These discussions will have the girls begin to think about themselves as a potential leader in their community.

Who Is a Real Leader? (10-15 minutes)
Break the group into four smaller groups and have them create three lists showing a leader’s top three personal qualities, skills and accomplishments. If time allows, have all the groups come together and share their lists. What do the lists have in common? How do they differ?

Going Over the Diplomat Award (20-25 minutes)
Using pages 66-68 in the adult guide, explain the Diplomat Award (Take Action Project) to the girls.

Then using the flipchart paper, create a chart like the one found on page 73 of the adult guide. As a group, have the girls brainstorm issue areas and possible solutions, keeping in mind the guidelines just discussed.

Reaching a Decision (10-15 minutes)
Try one of the techniques listed on page 75 of the adult guide to help the group decide which issue to tackle for their Take Action project. At the end of the session, the group should agree on which issue they will use so they can plan the project during the next session.

Session 10: Improving Relationships in the World
Additional Materials Required: any materials that help the girls execute their Take Action project

Creating or Doing (Entire Session)
Allow the girls the entire session to plan their Take Action project for their Diplomat Award. As their facilitator, keep in mind the tips on page 77 of the adult guide as the girls complete the planning guides on pages 122-123 of the girl Journey book. The group may find pages 124-126 useful if their project involves a workshop, and pages 127-128 may help them publicize their Take Action project.

Session 11: Toward Peace: Take Action!
Additional Materials Required: any materials necessary for the execution of the Take Action project

Take Action! (Entire session)
Now it’s time for your girls to Take Action in their community!

Once the girls have finished their project, wrap up the experience with the discussion questions found on page 80 of the aMAZE Journey adult guide. Also ask the girls to plan how they would like their award ceremony next session.
Session 12: Pass It Forward

Additional Materials Required: Peacemaker kits, envelopes from Session 1, construction paper (at least 1 sheet per girl), markers or colored pencils and aMAZE journey awards (1 set per girl)

Journey Reflection (5-10 minutes)
Discuss the reflection questions found on pages 138-139 of the girl Journey book as a group out loud. How have the girls discovered, connected and taken action as they journeyed through aMAZE?

Personal Goals (10 minutes)
Follow the directions found on page 84 of the adult guide so the girls can reflect on how they have grown throughout the Journey.

Careers (5 minutes)
Have the girls open to page 136 in the girl Journey book and look at all the career possibilities that incorporate the kinds of interpersonal skills they have learned during the aMAZE Journey. Are any of the girls interested in these career fields?

Qualities of Friends (25 minutes)
Have the girls open to page 32 in the girl Journey book and look at the list of friendship qualities. Which of these qualities do the other girls bring to the group? Give each girl a piece of construction paper and a marker or colored pencil and have each girl write her name at the bottom of the paper. Then, have the girls pass their paper to their right and each girl should write something nice about that girl and a few friendship qualities they possess. The girls can fold down the paper so the next person can’t see what they wrote and then pass it again until every girl has written on everyone’s sheet. Once the paper gets back to its owner, the girls can open the folds and get some great encouragement!

Closing Awards Ceremony (10-15 minutes)
Give the girls back their Peacemaker kits. Ask the girls to make a commitment to use the skills they have learned throughout their lives to earn the Peacemaker award. Hold a ceremony to give the girls their awards based on the girls’ ideas from last session. Then celebrate!