



Get Moving!

Snapshot of the Junior Journey

GET MOVINGI	
Session 1	Start Your Engines: Girl Scout Juniors begin to experience various forms of energy and how they can make the most of their own energy to help the Earth by making recycled paper.
Session 2	Pledging to Save Energy: Girl Scout Juniors commit to an energy pledge, they look at waste in excess packaging and make beads from recycled paper.
Session 3	Get Wild About Energy (and How to Conserve It): Girl Scout Juniors investigate how animals use energy. They compare human and animal communication strategies.
Session 4	Investigating Buildings: Girl Scout Juniors begin to explore energy use in buildings and get ready to conduct an energy audit of a building in their community.
Sessions 5 and 6	The Energy Audit: Girl Scout Juniors conduct an energy audit in a community building, and then educate and inspire others about going green.
Sessions 7	Gearing Up to Go: Girl Scout Juniors begin thinking about their Innovate project. They learn interviewing techniques and talk about their ideas for energizing food choices.
Session 8	Moving in New Directions: Girl Scout Juniors move toward a team decision. They may do a walk-ability or bike-ability survey of their community
Sessions 9 and 10	Innovate!: Girl Scout Juniors plan and carry out their project, taking action to create changes in energy use on Earth, educating and inspiring others along the way.
Session 11	Crossing the Finish Line: Girl Scout Juniors reflect on and celebrate their accomplishments along the journey and look ahead to more adventures in Girl Scouting.

Sample Activities for Mapping Your Journey

Traditions:

On World Thinking Day, remember girls who live without electricity. When you save energy how are you helping them?

Outdoors:

Make walking salads and then head out on a hike with your friends.

Badges:

Jeweler: Turn everyday objects into jewelry-a

pretty stone, bead or feather can be used to make a necklace, bracelet or

ring.

Detective: Learn some classic codes, study

fingerprints and look through a

microscope at evidence.

Camper: Gather around a campfire you have

built, play a game of flashlight tag or take a night hike on your first tent

camping experience.

Trips:

Plan a trip that gets you traveling in a new way—on a bike, bus, or train!

Cookies:

Think about using some of your cookie proceeds to fund your journey trips or a Take Action project.