

# LiA Requirements – Brownie Quest

## Assist during 4 “Sessions” of the Brownie Quest:

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

### Do Steps 1 – 3 below:

1. Demonstrate your organizing skills by preparing the materials and instructions for **three** Quest activities in advance of their sessions. Each session includes two to three activities, so there is plenty to do to keep each session running smoothly. You can go over the activities with the Quest’s adult guides and discuss how you can best assist.

Activity 1: \_\_\_\_\_

Activity 2: \_\_\_\_\_

Activity 3: \_\_\_\_\_

2. Demonstrate a special skill or talent you have by planning and guiding the Brownies to do one “just for fun” extra activity while they are on the Quest. For example, perhaps you are good at crafts and want to teach the girls to make a gift for themselves or a friend. Or perhaps you are science-minded and can think of a little experiment the Brownies can do during a session. Maybe you can sing or dance or make up funny cheers. You get the idea – add a little of the extra joy you uniquely bring to a Brownie session! Try to make whatever you do tie into the Quest. And remember, the Brownies already have a lot going on to earn their keys – so you’ll want to keep your little extra short and sweet.

What I did: \_\_\_\_\_

3. While on the Quest, the Brownies will be leading their families and communities in “healthy-living” actions like making and enjoying healthy treats or playing a game that gets people up and moving. Take the healthy living even further by doing one of these:
  - a. Bring the fixings for a simple, healthy snack to a session (carrots and low-fat dip; apples and yogurt), assist the girls in “making” the treat, and explain (perhaps on poster board) – in a Brownie-friendly way – why that snack is better than something else (like \_\_\_\_\_)
  - b. Teach the Brownies how to do a simple exercise or stretch that you know and like and use it as a “quick break” between activities. Offer a short explanation of why it’s good!
  - c. Bring some music and get everybody moving as the meeting starts or ends – or when an energy boost is needed! Offer a quick explanation of why it’s good!

What I did: \_\_\_\_\_

## **Reflect on your experience:**

While on the Quest, the Brownies will be Discovering, Connecting, and Taking Action (shhh...don't tell them those are the name of the keys they are finding!). Think about how you are Discovering, Connecting, and Taking Action along with them...and take a little time to reflect on your experience. Think about what you've learned and then answer these questions:

I discovered that a value that really matters to me is:

I discovered that a special skill or quality I enjoy using with others is:

I find it challenging to "connect" with younger girls because they:

I enjoy connecting with the adults involved in the Quest because:

When the Brownies were choosing and doing their Take Action Project I felt:

\_\_\_\_\_ because \_\_\_\_\_

I am glad I took action to assist in leading the Brownie Quest because:

## **Talk to the adults guiding in the Quest:**

Find out one thing you did during the Brownie Quest that was really, really great (a perfect 10!). then find out one thing that you can keep in mind – to practice for the next time you team up with younger girls in Girl Scouts.

One thing I did that was a perfect 10:

One thing I will keep practicing:

Give this completed form to your leader.

Girl Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Brownie Troop Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Cadette Troop Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# LiA Requirements – Wonders of Water (WoW)

## Arrange to be at some of the Brownie gatherings:

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

## Requirements:

1. Guide the Brownies through a fun activity that teaches them something about Earth's air or water or both! You can adapt an activity from your journey for younger girls, check out some of the options in the WOW! Girls' book and volunteer books or create an activity of your own. A magical science experiments? Making rainbows? Making and flying a kite? Enjoy the sounds of nature? Scent stuff? A game you invent about animals that inhabit water and sky? Or perhaps you and some friends can act out a scene from "A Very Wet ELF Adventure" or even make a short puppet show based on the story. Better yet, guide the Brownies to do their own!

What I did: \_\_\_\_\_

Date accomplished: \_\_\_\_\_

2. Inspire the Brownies to try a new healthy habit – a watery treat (check out the ideas in the WOW! Book), some fun cardio or yoga exercises, or a fruit or veggie grown with local water (and air!). Check with the Brownie's volunteer about food allergies before you plan any snacks. Your goal is to get the Brownies thinking about how what is good for us is often good for Earth, too!

What I did: \_\_\_\_\_

Date accomplished: \_\_\_\_\_

3. Engage the Brownies in a short activity that gets them thinking about what great teamwork looks like. Maybe you know a game or maybe you can invent one that gets the Brownies cooperating. If not, get some ideas from other Girl Scouts in your area. Teach the game as an opening or closing or an energizing break. While the Brownies are exploring the Wonders of Water, they are also practicing another WOW – Ways of Working. Your goal is to get the Brownies practicing some really great WOWs!

What I did: \_\_\_\_\_

Date accomplished: \_\_\_\_\_

4. Share with the Brownies a line from the Girl Scout Law that you are trying to live out in your life right now. Tell them what you are doing to bring that line to life. Then, ask them to tell you about a line they are living out!

What I did: \_\_\_\_\_

Date accomplished: \_\_\_\_\_

## **Talk to the adults guiding WOW:**

Ask the volunteer for input on what you did.

What was great?

What might you want to do a little differently in the future?

## **Reflect on your experience:**

What did you **Discover** within yourself as you guided Brownies?

Why is it important to **Connect** with younger girls?

What did you accomplish on behalf of the Earth by **Taking Action** to educate and inspire Brownies?

Give this completed form to your leader.

Girl Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Brownie Troop Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Cadette Troop Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# LiA Requirements – A World of Girls

**Arrange to be at some or all of the A World of Girls journey sessions:**

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

## Requirements:

1. Inspire the Brownies to look and listen for stories in their everyday lives. With your knowledge of media, talk about the stories the media creates about girls and how they make girls feel. Together, decide whether media portrayals of girls seem true. Share other stories, too, such as stories of real girls and women you have met or learned about on your Cadette journey.

What I did: \_\_\_\_\_

Date accomplished: \_\_\_\_\_

2. Guide the Brownies in an activity to develop their teamwork skills. The girls are planning to tell a story together to an audience and create a change in their community. They'll need to work together to make that happen. Maybe you've participated in team-building activities with Cadettes or with other girls in your world. If so, share some tips with the Brownies. If not, get ideas from other Girl Scouts in your area. You might use a team-building activity to open or close a session or introduce it when it best fits for the Brownie team and its journey.

What I did: \_\_\_\_\_

Date accomplished: \_\_\_\_\_

3. Inspire the girl to try a healthy new activity, such as a physically active game from another country or culture, or one of your favorite types of exercise or dance. Find ideas in the A World of Girls adult guide or ask the Brownies for some of their favorites. By showing the Brownies the benefits – an fund – of exercise and movement, you'll create a story that features healthy girls of the future.

What I did: \_\_\_\_\_

Date accomplished: \_\_\_\_\_

4. Encourage the Brownies to use a variety of media and various art forms as they explore storytelling. You might share types of media new to you or demonstrate a medium in which you have some expertise. Share you interest and knowledge with Brownies as they tell their own stories of who they are and how they are connected to a world of girls.

What I did: \_\_\_\_\_

Date accomplished: \_\_\_\_\_

**Talk to the adults guiding A World of Girls:**

Ask the volunteer for input on what you did.

What worked well?

What might you change next time?

**Reflect on your experience:**

In what ways did you Connect with the younger girls?

How did your leadership encourage the Brownies to Take Action to create a change in their community?

What did you Discover about yourself as you guided the Brownies?

Give this completed form to your leader.

Girl Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Brownie Troop Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Cadette Troop Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# **LiA Requirements – Think Like an Engineer Journey; Think Like a Programmer Journey; Think Like a Citizen Scientist Journey and the Outdoor Journey**

Girl Scouts of the USA has specifically directed girls to extrapolate the requirements of the LiA related to these new journeys based on the three printed journeys. Below is a compilation of the steps in the existing LiA instructions that can be used as a template to develop your LiA until such time as formal steps are documented.

Brownie Outdoor Journey: Brownie First Aid, Hiker, Cabin Camper and Take Action

The journey I am assisting with is:

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## **Assist during “Sessions” of the Journey: (Brownie Quest specified 4)**

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

## **Requirements:**

1. Do activities with the Brownies from the journey. Look at the journey requirements for the girls and work with the Brownie adult guides to find an activity to lead.

What I did: \_\_\_\_\_

Date accomplished: \_\_\_\_\_

2. Do a team-building or teamwork activity related to the theme of the journey.

What I did: \_\_\_\_\_

Date accomplished: \_\_\_\_\_

3. Bring a healthy activity to the Brownies related to the theme of the journey.

What I did: \_\_\_\_\_

Date accomplished: \_\_\_\_\_

4. Share your interest/knowledge of your topic, a famous person they may find interesting, a project you did on the topic, or a camp activity, skit or helpful hint.

What I did: \_\_\_\_\_

Date accomplished: \_\_\_\_\_

**Talk to the adults guiding the \_\_\_\_\_ journey:**

Ask the volunteer for input on what you did.

What worked well?

What might you change next time?

**Reflect on your experience:**

What did you Discover about yourself?

How did you Connect with the Brownies?

How did you assist/inspire them on their Take Action?

Give this completed form to your leader.

Girl Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Brownie Troop Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Cadette Troop Signature: \_\_\_\_\_ Date: \_\_\_\_\_