

Senior Activity, corresponding with Session 1 and 3

Healthy Eating and Cool Food Prints

Objective: Girls will learn about healthy food choices as well as the “cooler” food options. Girls will learn how they can positively impact the market, global warming, and their local communities by making better food choices.

Directions: Discuss the importance of eating healthy with the girls. Pass out the sheets on lower calorie, lower fat alternative foods and the healthy shopping list. Discuss how all foods have a “food print.” Go online or pass out the sheets about the cool foods campaign. Talk to the girls on how they can use these resources to positively impact their families, the market, and the planet. Girls can choose to further their discussion by having a cooking competition like “Iron Chef.” Girls can choose a theme based on the topics discussed: healthy foods, healthy snacks, cooler food options, etc.

Alternative 1: Girls can plan a cooking competition like Chopped, where the basket of ingredients for each round would include one of the themes listed above.

Alternative 2: Girls can use what they learned to plan a meal using either healthy and/or “cool” foods. Girls can use their plan to host a dinner party or can invite family to a subsequent meeting. Girls can also decide to cook a meal for a local food shelter/organization as well using their meal plan.

Resources: Handouts, www.coolfoodscampaign.org, www.nhlbi.nih.gov, www.health.gov, and GSHNJ's Community Service Directory

Ambassador Activity, towards a Take Action Project

Expert Voices

Objective: Girls will realize their ability to educate others and develop their ability to work as a team. Girls will also connect with their community, their own passions, and build knowledge on the lessons they have learned throughout the Journey.

Directions: This will play out like an episode of “Shark Tank,” with the leaders being the “investors” for each girl’s issue. Each girl will take on the role of an activist for one the issues they learned in the Journey. Each girl will prepare a three-five minute speech regarding their topic and why the troop should support her issue. Their persuasive argument should include knowledge of the topic and educational materials on what they learned such as: brochures, and/or displays, a website, a list of suggested donated items that would support the issue.

During the meeting with the presentations, leaders will have play money that they will use to show support of each girl’s speech. Leaders will say whether they would invest in each girl’s Issue and how much they would give depending on how persuasive her argument was.

Optional: Once an issue(s) is agreed upon, the troop can collectively Take Action to support the issue. They can further research an agency/organization that supports their cause.

Resources: The internet/research materials, www.scorecard.org

Materials Needed: Play Money, presentation materials: display boards, easels, computers, etc.

It's Your World – Change It!

Ambassador activity – “A is for Acting, as in Improv”

Page 47, Your Voice, Your World; Leader's Guide

Directions: Ask the girls to take turns being the “expert” on some made-up topics. Each girl has one minute to speak off-the-cuff about her topic, which she pulls from a bag/hat. The purpose of the activity is to have the girls practice their persuasive speaking and have fun doing so!

Here are some sample topics:

- Why dragons make good pets?
- Where do all the unmatched socks go?
- Origin of the tootsie roll
- Why “the Situation” should be President?
- Why you should be the head makeup artist on “Jerseylicious”?
- Why you should be the next Bachelorette?
- Why Spongebob should be the next Iron Chef?
- Why you should be a twin?
- Why the next Girl Scout cookie should be named after you?
- Why your backyard is the next vacation hotspot?