



## Junior Agent of Change Journey—Power of One Award Activity Plan 1

**Purpose:** When girls have earned this award, they'll see how their personal qualities—and those of other women and girls—give them the power to do good things in the world.

**Program Essentials Link:** Leadership

**Activity plan Length:** 1.5 hours

**Girls Take the Lead:** While earning this award, there are many ways for girls to be leaders. These can be done by a small group or by individuals.

- Journey Buddies:
  - Before the meeting, talk to girls about the Journey activities. Have buddies decide what they want to try or ask them if they want to try something different.
  - Buddies can assist adults with prep needed for activities.
  - During the meeting, they can help lead other girls through the activities. They should make sure everyone has what they need and feels included.
- Food Friends
  - Talk to girls about what the snack will be and how they can help.

**Customize It:** If your group wants to expand work on this award or simply try different activities, go for it! There are many ways to complete this award, including: completing the activities as listed in the *It's Your World—Change It! Agent of Change Journey*, completing this activity plan, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the Power of One award if:

- They recognize the power that comes from their personal strengths and talents
- They have explored female role models
- They understand what leaders share with the Girl Scout Law

Girls can continue their Agent of Change Journey by earning the remaining awards: Power of Team Award and Power of Community Award.

### Tips and Tools

- Check out ways to stay safe using Safety-Wise at [GirlScoutsRV.org](http://GirlScoutsRV.org).
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made. If you have questions regarding specific adaptations, please contact River Valleys at 800-845-0787.

### Resources

- This activity plan has been adapted from *It's Your World—Change It! Agent of Change*, which can be used for additional information and activities.

## Getting Started

Time Allotment: 15 minutes

Materials Needed:

- Optional: Girl Scout Promise and Law printed out on poster board

Steps:

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.

<b>Girl Scout Promise</b>	<b>Girl Scout Law</b>
<i>On my honor, I will try:</i> To serve God and my country, To help people at all times, And to live by the Girl Scout Law.	<i>I will do my best to be</i> honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, <i>and to</i> respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.

3. Play a game so girls get to know each other better. Use the example below if needed.
  - Pile Up: Girls sit on chairs in a circle. Choose a leader who will have a list of “yes” or “no” questions, such as “Do you have on brown shoes?”, “Are you wearing a ring?”, “Is your favorite color purple?” As the questions are asked, those that can answer “yes” move one chair to the right. Those that answer “no” don’t move. Girls will end up “piled-up” on chairs.

## Activity #1: What Is Power?

Journey Connection: Session 1—Thinking About Power

Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies.
- Print off and cut out word poetry.
- Clear an open space at your meeting location and mark a line down the middle (with tape, string or some other objects).

Materials Needed:

- Word Poetry
- Paper (one sheet per team of four–five girls)
- Optional: Writing utensils

Steps:

1. Ask girls to stand single-file along the marked line. Designate one side of the line as “Agree!” and the other side as “Disagree!”
2. Read the statements below aloud to the girls. Direct girls to jump to the “Agree!” side of the line if they think the statement is a good definition or example of power, and to jump to the “Disagree!” side of the line if they don’t think the statement is a good definition or example of power. If girls’ responses differ, ask them for reasons and explanations.
  - Power is telling other people what to do.
  - Only adults can be powerful.
  - Being part of a team is powerful.
  - Power is when you work to solve problems.
  - Skills and talents are powers.
  - Power is when you teach someone to do something.
  - Power is forcing other people to act or think a certain way.

- Power is making a difference.
  - Kids like me don't have any power.
  - Expressing an opinion is a powerful act
3. Divide girls into small teams of four–five girls and ask them to return to their seats.
  4. Give each team a sheet of paper, a writing utensil, and a set of word poetry.
  5. Direct teams to create a definition of power using the word poetry. If they are missing words that are critical to their definition, they can simply write them in.
  6. Ask teams to share their definitions with the large group.

## Activity #2: Discovering My Power

Journey Connection: Session 1—Discovering My Power

Time Allotment: 10 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Writing utensils
- Paper

Steps:

1. It takes strength, skill, know-how, patience and all sorts of other qualities to do something well. Everyone, famous or not, has a special blend of qualities that give them the power to do good things.
2. Ask the girls to think about their own powerful qualities.
3. Have the girls write their name vertically down the page on the left side.
4. Now have the girls think about powerful qualities, skills, or interests they possess, and what good they can do with those powers. They should think of one quality per letter of their name and write along side the letters. For example:

**T**houghtful—I can use my thoughtfulness to help others

**E**nergetic—Even when something is hard to do, I am persistent and keep trying

**S**mart—I can use my intelligence to help solve problems

**S**ocial—I can be kind and helpful to my friends

**A**nimal-lover—I can help animals by spending time with them at the shelter

## Activity #3: Women Leaders Snack Chat

Journey Connection: Sessions 1 and 2—Looking Back at Herstory

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.
- Snack prep, as needed.

Materials Needed:

- Food items, dependent upon specific snack chosen
- Optional: resources on past and present female leaders

Steps:

1. People who put their powers to good use are leaders. A leader can be anyone, anywhere. A leader cares enough to want to do something. She inspires others to do their best and makes others feel great about their work. A leader listens, takes advice and strives for group success.
2. While enjoying a healthy snack of your choice, ask the girls to share some of their favorite female leaders throughout “herstory.” These leaders can be well known, or people the girls know personally.
3. Discuss with the girls:
  - Why do you consider this person to be a great leader?
  - What powers (strengths, skills, interests, and other qualities) does she have?
  - Do you have anything in common? What leadership traits do you see in her that you see in yourself?
  - What leadership traits do you see in her that you aspire to?
  - What values of the Girl Scout Law does she represent?

### Activity #4: I Am a Leader

Journey Connection: Journey Session 2—What Makes Me Me?

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Construction paper
- Old magazines and newspapers
- Scissors
- Glue
- Writing and coloring utensils

Steps:

1. Ask girls to brainstorm the qualities of a leader. Ask them to think about the personal qualities they have that make them a good leader, and qualities they don't yet have but would like to develop to become an even better leader.
2. Distribute the construction paper and art supplies, and have girls draw an outline of themselves on their paper. They just need the general body shape, not all the little details.
3. Next, direct girls to look through the magazines and find words, phrases, and pictures that represent the leadership qualities they already have. Have girls affix those items inside their "Me" outlines.
4. Next, direct girls to look through magazines and find words, phrases and pictures that represent leadership qualities they don't yet have but would like to develop. Have girls affix those items to the page surrounding their "Me" outlines.
5. After the girls are finished, have them share their "I Am A Leader" collages.

### Wrapping Up

Time Allotment: 15 minutes

Materials Needed:

- Optional: Make New Friends printed on poster board

Steps:

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Sing "Make New Friends."

Make New Friends		
Verse One	Verse Two	Verse Three
Make new friends, but keep the old. One is silver, the other is gold.	A circle is round, it has no end. That's how long, I will be your friend.	You have one hand, I have the other. Put them together, We have each other.

3. After the song, ask everyone to be quiet.
4. One of today's Journey Buddies should start the friendship squeeze by gently squeezing her neighbor's hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the Journey Buddy who started, she says "Goodbye Sister Girl Scouts" and the girls unwrap and face outward instead of inward.
5. Optional: Have girls make a wish after their hand has been squeezed and before they pass the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

### **More to Explore**

- Field Trip Ideas:
  - Go to a library to learn about other great female leaders of the past.
- Speaker Ideas:
  - Invite a local female community leader to your meeting.

### **Suggestions**

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email [GirlProgram@girlscoutsrv.org](mailto:GirlProgram@girlscoutsrv.org).

### **Family Follow-Up Email**

Use the email below as a template to let families know what you did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today discovering the power of our personal qualities and the qualities of great female leaders. We have earned the Power of One Award.

We had fun:

- Creatively exploring the power that comes from our strengths, talents, skills and interests.
- Discovering what we have in common with great female leaders.

Continue the fun at home:

- Tell your Girl Scout about a female leader you admire.
- Talk to your Girl Scout about her great qualities and ones she might want to develop.
- Look at the *It's Your World—Change It! Agent of Change Journey* book and read about the adventures of Dezi the spider.

Thank you for bringing your Junior to Girl Scouts!

Word Poetry

<b>power</b>	<b>lead</b>	<b>is</b>
<b>voice</b>	<b>a</b>	<b>leader</b>
<b>good</b>	<b>team</b>	<b>advice</b>
<b>world</b>	<b>opinion</b>	<b>strong</b>
<b>the</b>	<b>skills</b>	<b>talents</b>
<b>interests</b>	<b>when</b>	<b>someone</b>
<b>people</b>	<b>others</b>	<b>change</b>
<b>everyone</b>	<b>improve</b>	<b>anyone</b>
<b>listen</b>	<b>care</b>	<b>do</b>

<b>is</b>	<b>great</b>	<b>the</b>
<b>feel</b>	<b>to</b>	<b>inspire</b>
<b>it</b>	<b>takes</b>	<b>makes</b>
<b>not</b>	<b>success</b>	<b>does</b>
<b>adult</b>	<b>who</b>	<b>be</b>
<b>can</b>	<b>when</b>	<b>kid</b>
<b>use</b>	<b>girl</b>	<b>they</b>
<b>boy</b>	<b>best</b>	<b>can</b>
<b>that</b>	<b>help</b>	<b>dream</b>