

# Short and Snappy Session



## Customizing Your Journey

Girl Scouts of the USA developed the National Leadership Journeys to help ensure that all Girl Scouts were experiencing the same general themes and learning about making a change in their world. So while the adult guides include plenty to do during your Girl Scout year, remember, you do not have to do everything exactly as laid out in the books. You can add or subtract sessions as needed. Invite your girls to help you customize the Journey as well. Try and learn what the girls are most interested in accomplishing and enjoying over the year.

You can customize a Journey by looking at the activities in the sample sessions and deciding which ones you would like to complete, or you can look at the goal at the start of session and determine what you will do to complete that goal.

### Activity

Break up your community into groups by age level. If groups are really big split them into multiple groups. Let them look over leader's guides and pick an activity they can customize. Give them 5 minutes. Then have groups share their activities with others.

Also if any leader has an example of a customization that she has done with her girls, ask them to share.

Share ideas for locations for field trips that tie into Journeys (ex. nursery for Daisy Flower Garden, local water plant for Brownies WOW, power plant for Junior Let's Get Moving, or yoga studio for Cadette Breathe). Share handout of free and inexpensive trips. Have participants add their ideas to the list. Inviting guest speakers is also a great way to customize your Journey. Talk about using community members as resources.

Share Jump to Journeys patch. Provide a handout for each participant and review the guidelines and how it can be used to make choosing a Journey girl-led.

Share the Council Journey boxes that we have to rent.

### What's a Short and Snappy?

- ◇ Short training/information segment provided at a Community Meeting.
- ◇ Any Community Learning Coordinator or interested volunteer may lead a short and snappy.
- ◇ Short and Snappies are 15–20 minutes in length.

### What You'll Need for This Snappy:

- ◇ Leaders
- ◇ Moderator
- ◇ Resources needed: Journey adult guides—a few for every age level, field trip handout, Jump to Journey handout
- ◇ 15–20 minutes



## Free and Inexpensive Trips

With any trip you do, remember to check Safety Activity Checkpoints (<http://www.girlscoutsgwm.org/Volunteers/safety.html>)

Some trips are listed with ideas of how they will tie into your Journey program your girls are doing but you can customize each trip to fit the interests and outcomes your troop is working towards (remember that all trips need to tie into the 15 outcomes in the Girl Scout Leadership Experience - [http://www.girlscouts.org/program/journeys/transforming\\_leadership\\_17.pdf](http://www.girlscouts.org/program/journeys/transforming_leadership_17.pdf)).

All trips should be GIRL-LED and build on helping girls to progress in their skills in trip planning (for more information, check in your Volunteer Essentials manual).

### Trips to take in your town/community:

Fire/Police Department – (ties in with community connections in many of the Journeys)

Hospitals (great way to earn a safety badge and create a troop first aid kit).

Stores – Hannaford does a great tour (tie into the many healthy eating activities in all the Journeys).

McDonald's – get a behind-the-scenes tour and they will give you a free burger and drink (each McDonald's is a local franchise, so see if your local McD's will do this).

Call your local pizza place, many will show you around and let the kids make a pizza.

Visit all the stores in your downtown district (this ties in with the It's Your World – Change It Journeys to get an idea of needs in their local community)– ask each store to talk a little about what they do (the shoe store can let girls find their shoe size, the florist can talk about flower arrangements, the book store reads girls a story, the bakery can show them how cakes are decorated, etc.).

Local museums (look for small museums in your community but you can also see the attached list)

Bank (a great way for girls to learn about investing the money they earn if they are planning an extended trip)

Local pet store

Local airport

Town Historical Societies (they love to have girls visit to learn about their town)

Find out about local organizations that girls can visit or that will send members to speak to the girls (the VFW has given talks on flag etiquette and has donated flags to troops)

Nearby college – often they have free tours (science departments are great to tie into It's Your Planet – Love It!). PSU in Plymouth, NH has a Weather Center and an indoor planetarium.

Local ice or roller skating rink (remember to get a certificate of insurance)

Beautician school – Talk to someone in administration. They will talk to girls about personal hygiene and may also be able to give manicures, pedicures, etc.

Humane Society – If you go with donations (paper towels, pet supplies) they really appreciate it. Call ahead to ask what they need.

TV, cable access or radio station – Girls can learn about media and may also be able to do a Girl Scout PSA – great for the MEdia C-ette Journey

Local newspaper – connect to It's Your Story – Tell It!

State House – call your town's representative and see if you can get a tour

Home Depot and Lowes– you can schedule a trip for when they have their kids' workshops and girls can make a hands on project

Michael's Craft Store offers Saturday kids' crafts for free or a nominal fee. You can check out their schedule on [http://www.michaels.com/art/online/static?page=kids\\_events](http://www.michaels.com/art/online/static?page=kids_events).

Know your girls! Find out if family members have an affiliation that could be used for trip ideas.

### Outdoors activities:

Fish hatcheries – great trips – there are hatcheries located all around NH and VT. For info in VT go to [http://www.vtfishandwildlife.com/fisheries\\_hatcheries.cfm](http://www.vtfishandwildlife.com/fisheries_hatcheries.cfm).

For info in NH go to [http://www.wildlife.state.nh.us/Inside\\_FandG/hatcheries\\_visitor\\_centers.htm](http://www.wildlife.state.nh.us/Inside_FandG/hatcheries_visitor_centers.htm).

There are several Audubon Societies in NH and VT – find one near you at <http://www.audubon.org/search-by-zip>.

Site to US state parks with ideas of things for children -<http://www.discovertheforest.org>.

There is also a Junior Ranger program girls can participate in (there is one park in NH and one in VT that participates) to find out go to <http://www.nps.gov/learn/juniorranger.cfm>.

Maple Sugaring – (we have a GSGWM Maple Sugaring Patch)

In NH - <http://www.nhmapleproducers.com/>

In VT- <http://www.vermontmaple.org/>

Apple picking (we have a GSGWM Apple Quest Patch) – find a local apple orchard near you at <http://www.applejournal.com/trail.htm>

### Camping:

Link to our Council property page (your girls can earn their GSGWM Super Troop Camper Patch) <http://www.girlscoutsgwm.org/Volunteers/council-properties.html>

State parks are very inexpensive. To find out about NH state parks <http://www.nhstateparks.org/> and to find out about VT state parks <http://www.vtstateparks.com/>

Looking to camp on the ocean? Salisbury State Beach Reservation in MA (right on ocean, \$20 a night for electric and water onsite) <http://www.mass.gov/dcr/forparks.htm>

Eastern Mountain Sports stores [www.ems.com](http://www.ems.com) – will teach the girls about equipment they need for camping and they offer a Girl Scout member discount twice a year (club days).

### Patch programs:

Check out all that GSGWM has to offer at <http://www.girlscoutsgwm.org/Girls/patch-programs.html>

Walk the Freedom Trail in Boston (USS Constitution and museum are free and are great). You can get a scavenger hunt from the Girl Scouts of Eastern Mass website and then purchase patches for girls who walk all or part of the trail <http://www.girlscoutseasternmass.org/forms/Patch-Freedom-Trail.pdf>

**State Specific** (for attractions that have a cost, you can check for free passes at your local library):

**NH** (to see a list of many NH activities go to <http://www.familydaysout.com/kids-things-to-do-usa/newhampshire/>)

Stony field yogurt, Londonderry- visit the factory store and if you call ahead, you can get an educational experience – contact [vc@stonyfield.com](mailto:vc@stonyfield.com) or 603-437-4040, x3270.

Franconia Notch – you can visit the museum at the base of the flume for free and there are lots of great places to pull off and learn about the notch (Basin, Boise Rock, Old Man Memorial). There is also a free ski museum at the Cannon Mountain Aerial Tramway.

Loon Wildlife Sanctuary in Moultonborough (free) <http://www.loon.org/loon-center-markus-sanctuary.php>

Charmingfare Farm in Candia <http://www.visitthefarm.com/>

Wright Museum in Wolfeboro <http://www.wrightmuseum.org/>

Currier Museum in Manchester is free for children

Clark House in Wolfeboro

Remick Country Doctor Museum and Farm in Tamworth

Ramblin' Vewe Farm in Gilford, NH (call ahead for a tour and there are also great hiking trails around the property)

**VT** –(to see a great list of fun things to do in VT check out <http://www.familydaysout.com/kids-things-to-do-usa/vermont>)

Adams Family Farm in Wilmington <http://www.adamsfamilyfarm.com>

Ben and Jerry's in Waterbury [www.benjerry.com](http://www.benjerry.com)

Cabot Creamery in Cabot [www.cabotcheese.com/visitus](http://www.cabotcheese.com/visitus)

Fernwood Llama Farm in Tunbridge

Horticultural Research Center in South Burlington [pss.uvm.edu/dept/hort-farm/](http://pss.uvm.edu/dept/hort-farm/)

King Arthur Flour in Norwich

Lake Champlain Chocolates in Burlington [www.lakechamplainchocolate.com](http://www.lakechamplainchocolate.com)

New England Culinary Institute in Montpelier [www.necidining.com](http://www.necidining.com)

Paul Miller Research Complex in South Burlington [www.uvm.edu/cals/farms/pmiller](http://www.uvm.edu/cals/farms/pmiller)

Porter Music Box Company in Randolph [www.portermusicbox.com](http://www.portermusicbox.com)

Rock of Ages Granite Quarries in Graniteville [www.rockofages.com](http://www.rockofages.com)

Vermont Soap in Middlebury [www.vtsoap.com](http://www.vtsoap.com)

Vermont Teddy Bear Company in Shelburne