

## Cadettes

The Take Action for Healthy Living Project can be used along with *aMAZE* Journey to earn the Diplomat Award. It also can be used as a Silver Award Project.

### **A Great Cadette Take Action for Healthy Living Project:**

- Identifies a healthy living issue the girls want to take action on
- Involves brainstorming a solution
- Asses the girls' resources
- Creates a realistic plan, including a timeline
- Spreads the word about their healthy living issue
- Reflects on the project's results

### **Try these ways to involve girls to make sure their project is girl led:**

Girls should take ownership of their Take Action for Healthy Living Projects from choosing a healthy living issue and ways of solving the problem to educating and inspiring others about their healthy living issue. Try the ideas below to include them in the planning for the projects.

- Girls brainstorm and make a team decision (See *aMAZE girl book* p. 115-121 for ideas)
- Girls plan and lead the Take Action for Healthy Living Project (See *aMAZE girl book* p. 122-134 for tips)

### **Ideas for their Take Action for Healthy Living Project:**

Take Action Projects not only solve the root cause of an issue important to your Girl Scouts– in a sustainable way, they educate and inspire others to act. Try some of these ideas below or check out the *It's Your World – Change It!* Journey for more ideas.

- Host a town meeting about a healthy living issue
- Create a short play or a slide show, a photo exhibit, performance art, interviews or personal stories, a booklet or a film about a healthy living issue
- Create a new school or town policy about a healthy living issue
- Create a manual for an organization about hosting a healthy living event
- Create a manual about a healthy living issue
- Work with local officials or businesses to find ways to improve a healthy living issue

### **Celebrating Their Take Action for Healthy Living Project**

Try one or more of these great ways to celebrate their Take Action for Healthy Living Project. Plan time and resources for your celebration into the project plan. Celebrating and reflecting on their accomplishments are important!

- Inspire girls with quotes about leadership
- Give each girl a chance to say how she feels about the project and what she has achieved
- Ask what the girls accomplished on behalf of healthy living
- Discuss their teamwork
- Give girls specific examples of what you observed about their efforts
- Invite friends and family to your ceremony
- Look at pictures from the project