

GS Cadette Journey BREATHE

Gloria, I have made a list and put it into categories. Discussion topics that the leaders can start each day with (or end each day), Craft ideas, and Journal entries. The girls need a journal to keep with them each day. I am happy to put together a mock journal....should be easy. And I noted two suggestions for their end of the journey project. Let me know what you think.

Supplies: Party Horns or Kazoos or Rain Sticks (noise); pinwheels (power)

Discussion Topics Throughout the week:

Air/Noise

Noise, where does it all come from? People (car horns, train horns-Kazoos and Party Horns).

Silence, when do we need it? Give examples (such as doing homework, in our classrooms, sleeping at night).

Without people noise what are we left with? Nature Noise: Examples are Rain, wind, ocean, thunder.

What noises do you enjoy (music, rain, wind). What noises make you feel frazzled? When do you enjoy silence?

Air/Scents

How different scents make you feel. Some are warm and soothing, others energize while others make us sick.

Air/Power

How can we harvest air for energy?

Craft Ideas:

rain sticks (connects with the noise discussion)

Science Ideas:

Activity (maybe science?): Scent Station; gather all items with various smells such as-slices of citrus fruits (lemons, limes, oranges), peppermint, cinnamon, vanilla, pinecones, aromatic flowers, herbs, etc. Blindfold the girls and see if they can figure out what that smell is.....maybe throw in something bad smelling.

Science or Activity Idea:

No Empty Space: Air has Mass page 52 in the leader book; girls can do this with the PAL leader or this could be a SKIT.

The Incredible Collapsing Milk Jug: page 54 in the leader book

Hares, Mares, Bears! Oh, My! Page 62 in the girl book; Game to play with all camp participants....maybe in teams.

Journals: (and maybe we don't even worry about journals.....it might be too cumbersome to keep up with them and feel too much like school)

My Commitment to Tune In (page 40 LG)

Compare Air-your personal air log (page- 14/15 girl book)

AWARE Observations page 58 of the leader book

Project Ideas:

(project ideas on page 68-69 of the leader's book; I suggest either of these)

DETOX your Home-page 68 in the leader book (I'm thinking a flyer the girls can create and send home with the campers)

Getting GREEN with Plants-page 68 in the leader book

Media MANNERS Manual (again, a flyer that the girls can create to send home with the campers)