

Cadette Breathe Journey – Troop 1445 Overnight

3 Awards with the Outcomes/Lessons to be learned

Aware

- Keep an Air Log.
- Identify experts who can guide you to greater air awareness.
- Increase your AWAREness about the issues that impact Earth's air.
- Decide the most important, personal reason you care about Earth's air.
- Choose an air issue to act on together.



Alert

- Decide whom to educate and inspire—this is your Air Care Team (ACT)!
- Decide what you will ask your Air Care Team to do.
- Decide how to reach your Air Care Team to inspire them to act on your air issue.
- Educate and inspire! Give your ACT its call to action.

Affirm

- Gather proof of progress or improvement through your efforts to educate and inspire.
- Share the impact with your ACT and maybe even go further.
- Get with your Cadette team and reflect on your efforts and their impact.
- Affirm your commitment to strive to be an heir apparent of air and all of Planet Earth's elements.

Pre-event set up

Flip chart size sheets of the agenda, goals, TAP brainstorming, etc.

Yoga video, deep breathing CD, aerobics CD

Tents & Campfire supplies, etc.

Scent items

Science experiment items

Girls bringing music/phone device

Handouts

Food items for meals and air-related recipes

Blare in the Air

- Explore noises and earth's sounds. Symphony of noise (p 35-39 Leader's Guide [LG]). {Girls had fun creating the noise with their devices and I gave them a list of tasks they had to pick from and get the group to accomplish over the noise}
- Music to Your Ears (p. 20-21 Girls Guide [GG])
- Tuning In (p. 40 LG)

Scent Sense

- Examine how scents make you feel, explore relaxation and breathing techniques. Think about what pollutes the air.
- Scent stations (have each girl bring one scented item, no perfumes, to share). Rotate through stations, jotting down what they think of scent, is it pleasant, how does it make you feel, is it a scent of the earth or man-made. (p. 43 LG) {girls LOVED this. I included unpleasant & unfamiliar scents and they brought their favorites. Witch hazel, vicks, burnt wood, soaps, vanilla, chocolate, coffee beans, etc}

Air Quality Log (p. 14-15 GG)

Observational field trip to park? Have girls fill out air log for 3 more days before next meeting. {Girls struggled with the point of this and many did not follow through to bring to next meeting. We ended up talking about different places we've been: bus station, car wash, big park, truck stop, neighboring town, and what we remember as good or bad air quality, why that is, and what might make it better.}

Cooking with Air

Make cream puffs, homemade whipped cream for pancakes in the morning, microwave marshmallows for a minute. Any other ideas? {Girls had fun with this. We slept outside, but had access to a full kitchen.}

Harvesting Particulates

Double-sided tape on a white sheet of paper. Label locations, leave for a week, show and discuss at overnight.

Yoga/Deep Breathing, relaxation vs. Cardio exercise

How is your breathing (use of air) different? {One girl regularly attends a yoga class and led us through poses. Girls enjoyed that more than going along with the video. It was good to do this activity after some of the sit-down activities.}

Air is here, there, everywhere. (p. 51 LG)

Use ceiling fan

Air-related science experiments (p 52-55 LG, plus googled air science experiments)

- Use balloon to amplify sound
- What is your lung volume {This was one of their favorites. Use a gallon milk jug in a bucket of water with tubing. Fill jug full of water then blow out. They compared their lung capacity by marking on milk jug.}
- Heating up air in balloon
- Light weight champion
- No empty space; air has mass
- Collapsing milk jug
- Amazing pressure of air

Air experts

Have each girl pick a person from the book, read passage and present summary to troop.

Maggie Jackson

Liz Duffy Adams

Gabriela McCall-Delgado

Marie Antoine

Ellen Sandbeck

Trudy Forsythe

Mary Watkins

Miwd Koizumi

What are other air-related jobs? P. 98 for ideas.

Topics

Have pairs of girls pick a topic from the book and present to troop.

Changes in the air (p. 40-43)

Seeing the Forest for the Trees (p. 52-55)

Bad Air Hurts (and Smells!) [p.64-67]

Feeling the Wind at Your Back (p. 91-93)

**** Girls have earned the Aware award****

Part II – Alert

Talk about air issues, brain storm a list of issues that could be acted upon. See p. 64-65 (LG) for chart idea. (p. 68-69 has issue ideas)

Narrow it down to 2 issues and vote which the troop will act on.

Who would we want to educate and how?

See examples on youtube for ideas?

Presentations on 2nd hand smoke, clean air, reducing pollution, recycling, not smoking, using all natural cleaning, getting green with plants, paper reduction, noise pollution, etc.

Fill out a vision statement (p. 66 LG sample)

Start planning Take Action Project (TAP)

Part III - Affirm

Do follow up.