## Table of Contents

- Mission: Sisterhood! Journey  
  - Page 3
- What is included in Turnkey  
  - Page 3
- Tips for Series  
  - Page 4
- Sample Sessions  
  - Page 5
- Don’t have a weekend  
  - Page 11
- Appendix  
  - Page 12

  Mission: Sisterhood!

  Optional Sisterhood Circle for Seniors
When it comes to sisterhood, what girls start can spiral outward and change the world. Through Mission: Sisterhood! girls see the stories of sisterhood all around them and grow as leaders by widening their networks and broadening their world.

**What Girl Scout Seniors Can Earn During this Journey…**

(Please note they will not complete the Journey nor earn the award during this series)

- **Sisterhood Award** - Girls understand the power of sisterhood in their own lives and in the world. Girls define a sisterhood issue, create a plan for how to Take Action and put it in place!

**This turnkey model includes:**

- Journey--based series outline for Seniors that focuses on aspects of the Mission: Sisterhood! Journey
- List of materials
- Tips for utilizing the series

**Discover + Connect + Take Action = Leadership**

This weekend series outlined below takes your girls on a journey where they will practice Girl Scouting’s three keys to leadership. Use the series outlined in this model along with the corresponding Facilitator Guide and Girl books. During the series, each girl will:

- **Discover** her values and views about the world.
- **Connect** with others to expand her networks and strengthen team-building skills.
- **Take Action** to begin to identify and solve problems in their community and inspire others to act, and become empowered to make a difference in the world.
Tips for this Series

1. The purpose of this weekend is to explore the Mission: Sisterhood! Journey. This weekend allows you to focus on the Journey for Seniors, without the distractions of our busy lives. During this weekend you will explore leadership from the inside out, have fun and learn about relationships.

2. The facilitator guide contains everything you need to make the journey come alive for the girls, including lots of helpful examples, tips, and suggestions to guide you on your way. Spend some time getting familiar with it and feel free to customize activities as your girls make it clear where their interests lie.

3. Have the girls bring pictures and magazines to the series. The pictures can be from magazines and/or newspapers showing diverse images of women and girls, famous or not. These will be used in an activity during the series.

4. Cell phones should be collected and put in a baggie at check in. Girls will be able to use them during free times and during one of the activities.

5. Even though the girls won’t complete a Take Action Project as part of this series, girls are still encouraged to continue on beyond this series to do their Take Action project to earn the Sisterhood award. It may be helpful to note that girls who go on to earn the sisterhood award offered on the journey will be one step closer to earning the prestigious Girl Scout Gold Award (Grades 9-12), since the requirements include completing either 2 Journeys or your Silver Award and 1 Journey. Information about the Gold Award can be found online at http://gsneny.org/resources/ under girls.
Mission: Sisterhood! Sample Weekend Schedule

Friday
Seniors begin to define “sisterhood” for themselves and their team.
Approximate time 1 hour

Materials:
- Facilitator Guide
- Girl Book
- Welcome to Mission: Sisterhood!: See appendix or Girl Book page 5.
- Visual Sisterhood Smorgasbord: large roll of paper, magazines, pictures of women and girls, craft supplies (stickers, ribbon, tissue paper, glitter), glue sticks, glue, tape

Session 1:
- **Team building Ice-breaker- Human Knot** – Five to ten girls stand in a circle. Each places her hands in the center and takes hold of the hands of two people other than those standing next to her. The group must work together to untie the knot without releasing hands.

- **Welcome to Mission: Sisterhood!**- read welcome to Mission: Sisterhood! with the girls.

- **Visual Sisterhood Smorgasbord**- Girls will use the magazines, pictures and craft supplies to make a collage, on the large roll of paper that creates a visual record of what sisterhood means to them. They can use the pictures, craft supplies; they can write on the paper and/or add anything they want to create this visual Sisterhood Smorgasbord. After they have completed this collage ask them some questions. Such as:
  - What made you decide to include those images but not others?
  - What made you chose certain words or decorations?
  - How do you feel about this Smorgasbord?

Friday Dinner and Clean-up- 45 minutes

Friday Evening
Seniors begin to learn the meaning and importance of being their own best friend, and start to consider sisterhood issues.
Approximate time 3 hours

Materials:

- Facilitator Guide
- Girl Book
- Make it Your Own: Adult Facilitator Guide pages 35-36.
- Move into your Social Style: Adult Facilitator Guide page 37.
- Putting a value on friendship: Adult Facilitator Guide pages 38-39, index cards or specialty paper, markers and/or pens, tape.
- Sisterhood concerns: Chart paper, markers and Adult Facilitator Guide page 40.

- **Make it Your Own** – Have the girls use the *Mission: Sisterhood! Make It Your Own* Chart in the Adult Facilitator Guide to help plan their girl experience for this Journey. When the girls take ownership of their experience it leads to investment and better understanding of their Journey. Girls can incorporate the opening and closing ceremonies during this weekend. The activities they choose to lead can be started during this experience, as well. Since the girls will not be completing their Journey during this program they can plan their outdoor experience, career exploration and their award after they have completed this weekend.

- **Move into your Social Style**- Let the girls know that we will be exploring their preferences in social situations through this game. Let them know that you will be asking them a series of questions and they will step a certain way depending on how they answer. There is no right or wrong answer. Make sure that the girls understand that this activity is cumulative. That after their first step, they stay where they are and start from there for the next step. They don’t return to the starting point after each question/step. You will find the instructions and questions on page 37 of the Adult Facilitator Guide.

- **Putting a value on friendship**- Have some discussion about what is most important to the girls in a friendship, then pass out 3 cards or 3 pieces of paper to each girl. Have the girls write down one word or phrase on each of their 3 cards that best describes what she values most in a friendship. To make this more interesting have the girls use designer paper. Collect all the cards/paper and tape them to the wall. Have the girls look at all of the qualities and discuss their findings.
• **Sisterhood Concerns** – This is the opportunity for girls to share their observations around girls and women. This may include things they see at school, personal issues, the way people act. Have them start brainstorming issues of concern, jot down the ideas on the chart paper so that they can reference them later on in their journey.

**Breakfast and Clean-up:** 45 minutes

**Saturday Morning**
Seniors begin to gain a better understanding of the importance various types and levels of friendships play in their lives.
Approximate time 2 ½ hours

**Materials:**

- The Many Faces of Friendship: Girl Book pages 12-13
- Movie: the movie *Sisterhood of the Traveling Pants*, Girl Book, pens/pencil

- **The Many Faces of Friendship** - Have the girls look at the pages 12 and 13 in the girl book. Have the girls try to reflect on the friendships in their lives. Briefly discuss.

- **Movie** - *The Sisterhood of the Traveling Pants* During the movie have the girls make tally marks to represent the types of friendships they observe in the movie on the pages 12-13 in the girl book. After the movie discuss what they found. Discuss the types of friends they saw in the movie compared to the types of friendships they have in their own lives.

**Lunch and Clean-up:** 45 minutes

**Saturday Afternoon**
Seniors begin to gain a better understanding of the importance various types and levels of friendships play in their lives. Seniors will also explore how various forms of communication help or hinder friendships and sisterhood.
Approximate time 2 hours

**Materials:**

- Facilitator Guide
- Girl Book
- Further or fizzle Adult Facilitator Guide page 46
- Circle Journey Girl Book page 64 (optional- provide journals for the girls along with pens/pencils)
• **Modern Game of Telephone** Adult Facilitator Guide page 57, cell phones or note pads
• **Body Language Charades** Adult Facilitator Guide page 58, bowl or bag with strips of paper in it with moods listed on the papers.

• **Further or Fizzle Friendship Role-Play** – For this activity the girls will be given a scenario that focuses on friendship. Girls will have to pair up and take turns acting out the scenario. Please reference the Adult Facilitator Guide page 46 for example scenarios. Have the girls feel free to create their own as well.

• **Circle Journal** - Explore the idea of a “circle journal” (see page 64 of the Girl Book) How could girls implement this into their lives? Have the girls consider beginning circle journals with the other girls that they are taking this Journey with. Discuss what they might include in their journal. *Optional: Distribute journals and have the girls start by writing down an issue that they feel is important to them.*

• **Modern game of telephone** for this activity each girl has a cell phone and if you follow the instructions in the Adult Facilitator guide girls will see how things can be translated poorly when passed through several people. Groups can also be split into groups of 6-8 girls to lessen the amount of time. Or you can do the paper version of this.

• **Body Language Charades**- Let the girls know that communication, in all forms is important. Then pull out the bowl or bag of moods. Girls will see the importance of body language and how moods play a role in how we come across. They may also see how easily people can misinterpret body language. Follow script on page 58 in the Adult Guide

**Snack:** 30 minutes *Optional Sisterhood snack* - Adult Facilitator Guide page 62

**Saturday Afternoon**
Seniors will also learn ways to keep their relationships, minds, and bodies healthy and fit as they move forward with their Sisterhood Journey
Approximate time 2 hours

**Materials:**
• Facilitator Guide
• Girl Book
• Friends and Our Health Adult Facilitator Guide page 61, chart paper, markers
• Friendships Keep Us Fit Adult Facilitator Guide page 63, one sticky note for each girl, pen or pencil,
• **Laughter circle** - Have the girls lie down on their backs, have them place their head on the next girl’s stomach. It’s a little tricky to successfully make a circle this way, but you can make wiggly lines. You don’t have to make a circle for this to succeed, so don’t worry about that too much. Let them know they could fake their laugh at first to get it started, before long they will all be laughing and giggling. Let the girls know that laughter is a great way to bond with friends.

• **Friends and Our Health** - Ask the girls: How do our friendships keep us healthy? Then have them brainstorm a list; once the list is finished discuss whether their friends do these things for them or if they do these things for themselves. Follow script on page 61 in the Adult Guide.

• **Friendships Keep Us Fit** Introduce this activity by letting the girls know that laughter is said to be the best medicine and the activity earlier seems to prove it. Go outside with them and have the girls spend 45 minutes or so doing an active activity of their choice. After activity, gather the girls and give each one a sticky note, pen or pencil, and ask her to write one word that describes how she feels at this very moment. Have all the girls fold their sticky notes and hand them to you. Read the words aloud and have girls place them into two piles, according whether the words are mostly positive or negative. View page 63 in the Adult Guide for more details.

**Saturday Dinner and Clean-up:** 45 minutes

**Saturday Evening**
Seniors team up and brainstorm sisterhood issues that they may soon chose as they work towards their Sisterhood Award
Approximate time 2 Hours

**Materials:**
- Facilitator Guide
- Girl Book
- Whiteboard and dry erase markers

• **Community Service** makes the world a better place for people and animals - right now. Examples of community service are collecting food for the local animal shelter or food pantry feeds people and animals - right now. Gathering toys for a homeless shelter or to send to another country makes kids happy right now.
Community Service projects are great acts of kindness and important ways to help - right now.

- **Service Learning** – Take Action Projects girls would begin by creating a listing of issues/problems that concern them, then research & investigate to find the root cause of the problem, next network with community partners or experts for advice to find solutions to the problem, then create a plan, put the plan in motion to address the root cause of the issue/problem. Through this girls are leading with their heads and hearts. An example of a service learning project on the environment could involve exploring the issue of why, (root cause) a local river or water source is polluted. Once research is done to find why this has happened, investigating potential solutions coupled with networking with community partners/experts to assist with finding a solution to create a plan that can then be put into motion addressing the root cause of the issue.

- **What Makes a Good Sisterhood Project**- Go through the Adult Facilitator Guide pages 42-43 with the girls and if needed have them look through the project ideas in their Girl Book.
  - Finding the Beauty in Images of Beauty, Girl Book pages 20-23
  - Call Out that Inner Beauty! Girl Book pages 32-35
  - Friendship Mentorship, Girl Book pages 43-45
  - Friendship Mixer, Girl Book pages 56-57

- **Brain Storming**- Have the girls start to brainstorm some project ideas that they can look into further as they dive into their project, capture their ideas on a whiteboard. This will be the beginning work of their Sisterhood Take Action Project! Have them continue this work to complete their Take Action Project and earn their Sisterhood Award!

- **Thank You, Sister!** Gather the girls in a circle and ask them to take turns completing this sentence for the girl on their right: I’m glad that you are part of my Senior sisterhood because...
Don’t have a Weekend?

Here is a way to spread the activities over six weeks

- Session 1- Human Knot, Welcome to Mission: Sisterhood!, Visual Sisterhood Smorgasbord
- Session 2- Make it Your Own, Move into your Social Style, Putting a value on friendship, Sisterhood Concerns
- Session 3- The Many Faces of Friendship and Movie: Sisterhood of the Traveling Pants
- Session 4- Further or Fizzle Friendship Role-Play, Circle Journal, Modern game of telephone, Body Language Charades
- Session 5- Laughter circle, Friends and Our Health, Friendships Keep Us Fit
- Session 6- Community Service vs. Service Learning, What Makes a Good Sisterhood Project, Brain Storming, Thank You, Sister!

Continue your Take Action Project to earn the Sisterhood Journey Award!!
Appendix
Welcome to

MISSION: SISTERHOOD!

SISTERHOOD. IT’S FOUND IN THOSE SPECIAL moments of real connection you experience with girlfriends, your mother, sisters, aunts, and female cousins (and, yes, your Girl Scout sisters)—and all the connections you will experience with all the girls and women you have yet to meet!

Sisterhood isn’t just hanging out with good female friends. It’s not just sharing a joke or confiding in someone you trust. Sisterhood is so much deeper than that. It’s an authentic connection you feel when you and other females relate to one another on a level you all recognize in your gut as being different and apart from even those connections you share with others dear to you. These sisterhood moments may spring from something serious, such as a shared concern, or they may be triggered by something silly. Either way, the moment, and the connection it carries, is significant and heartfelt.

That’s why sisterhood can offer so much to your life, and your story. A sisterhood moment has the power to make you feel good—about yourself and your place in the world. Collectively, sisterhood moments expand your potential and give you the power to see your own life story. And as you grow your story, you can better shape the story for all women and girls. Sisterhood is an expanding spiral that starts with you and then circles out!
SNEAK PEEK! The *It’s Your Story—Tell It!* journey series arrives in December 2010!

**Sisterhood Circle for Seniors**
A group activity for girls to express all that keeps them strong and feeling confident

**Goal:** Girls understand the unique feelings, qualities, and actions that can strengthen their sense of self.

**BUILD YOUR CIRCLE!**
Let the girls know that confidence can be like a protective circle that offers shelter when someone says or does something that hurts them in some way. You might say something like, *With this circle around you, it’s easier to stay true to your own thoughts and feelings and not be influenced by pressures or unkind acts or words of others.* Then say:

- Think about some of the pressures you might be experiencing at school, with friends, at home, or elsewhere in your life (such as pressure to fit in or not be different or to do something you don’t want to do). If you like, write your own personal pressures outside your circle.

- Now, think about what keeps you feeling good and strong, no matter what you might be facing (things like talking about your feelings, learning about yourself, trying new activities, knowing everyone is different). Put all of these things inside your circle.

Once the girls have filled their circles, ask them to talk about what they put in and outside the circles. Do these circles make them feel stronger? More confident? Acknowledge that everyone feels pressure but it’s how we handle that pressure that keeps us strong. Ask: *Do others have something in their circles that might keep you strong, too? Add it to your circle!* You might say: *The more we remember these feelings, qualities, and actions, the easier it is for our confidence to shine! Keep this circle with you and let it serve as a reminder of all your strength!*

**MATERIALS**
- Circle activity sheets (next page)
- Colored pencils or markers

**MISSION: SISTERHOOD!**
The storytelling theme of the new leadership journey offers a fun and sisterly way for girls to understand themselves and their potential. *MISSION: SISTERHOOD!* invites girls to expand their friendship borders, as all leaders do, and gives them great ways to do so! Enjoy this activity with the girls, then take the whole journey together! Along the way, the girls can earn a leadership award, too!