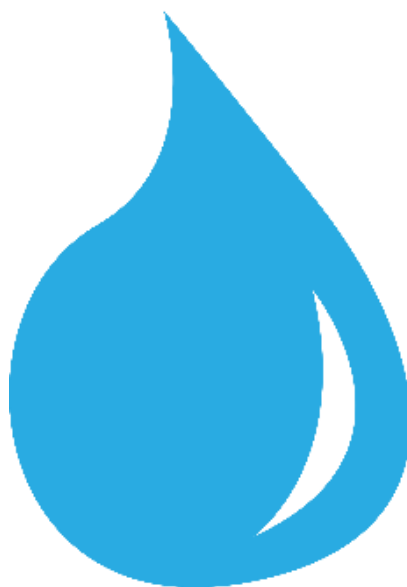


# **Girl Scouts – NCCP**

## **Jump Start**

### **Journey Box**

**Journey: Wonders of Water**  
**Award: Love Water**



# Table of Contents

What is a Jump Start Journey Box?	Page 2
How to Reserve a Jump Start Journey Box	Page 2
Love Award Objectives	Page 3
Activity Summary for Love Award	Page 3
Activity Instructions	Page 5
Blue Bucket Award Certificate	Page 10

---

## What is a Jump Start Journey Box?

Jump Start Journey Boxes are a FREE troop resource offered by the GS – NCCP Program Department. Each box provides the activity instructions and supplies to help you jump start your Journey. In completing the activities in the box, your troop will have completed the objectives to earn the Journey's first Award. Then it is up to you to lead your Troop to complete the rest of their Journey. Let us help you jump start your Journey by reserving a box today!

---

## Jump Start Journey Box Reservation Process

1. You will complete the online form <http://www.nccoastalpines.org/en/our-council/forms-and-documents-/journey-kit-reservation-request-form.html> to reserve a box (No walk-ins/telephone reservations will be accepted).
2. Then, you will receive an email confirming the name of the reserved Journey box, the available check out date/return date and the designated Service Center Retail Shop where the box will be picked up and returned.
3. If the Journey Box requested is not available, you will be placed on a waitlist and contacted within a few days to schedule a new check out date.
4. You will pick up the assigned Jump Start Journey Box on the designated check out date from your local Service Center Retail Shop.
5. If a box isn't picked up within 2 business days from the scheduled check out date, then it will be given to the next person on the waitlist and you will have to contact the Angie Brown [acobb@nccoastalpines.org](mailto:acobb@nccoastalpines.org) to reschedule your reservation.
6. After 3 weeks (or sooner), you will return the box to the Service Center Retail Shop in which it was reserved from (please also complete and include the provided inventory checklist form).
7. An online evaluation will be sent to you via email when box has been returned.

# Love Water Award Objectives

1. Show 2 things they know and love about water
2. Make a promise that protects water
3. Carry out the promise to protect water

## Love Water Award Activity Summary

### 1. OPENING CEREMONY- Time: 10 minutes

- Girl Scout Promise
- Brownie Smile Song
- Snack
  - Fun water-related snacks (NOT INCLUDED)
    - Watermelon
    - Tea
    - Lemonade (have them make)
    - Flavored water packets
- Talk about award objectives:
  - Show 2 things they know and love about water
  - Make a promise that protects water
  - Carry out the promise to protect water

### 2. I LOVE WATER- Time: 10 minutes

This activity is a great way to get your troop thinking about ways they use water and why they love water. Have your troop draw pictures of why they love water or themselves doing an activity with water (swimming, making lemonade, etc.).

Supplies:

- Instructions (return to box)
- Crayons (return to box)
- Construction paper

### 3. WATER CYCLE IN A BAG- Time: 10 minutes

This activity will show your troop the water cycle within a bag. This activity should be done at the beginning of a meeting or revisited at the next meeting, so girls are able to see the different parts of the water cycle.

- Instructions (return to box)
- Color dye (return to box)
- Water (not included)
- Plastic bags

- Measuring cup (return to box)
- Window\*

\*You will need a natural light source for this activity

#### **4. PLAYING IN THE RAIN-** Time: 12 minutes

Your troop has the opportunity to make and play with raindrops. Let the girls play with the rain drops and learn more about the properties of water.

Supplies:

- Instruction Sheet (return to box)
- Wax paper
- Straws
- Water (not included)
- Spray bottle (return to box)

#### **5. WATCH YOUR WATER-** Time: 15 minutes

To earn the Love Water Award, girls must understand why it is important to love and conserve water. Using the instruction sheet you will demonstrate to your troop the importance of conserving water. Each girl will have the opportunity to name a way they can help conserve water.

Supplies:

- Water (not included)
- Container (return to box)
- Tape (return to box)
- Bowl (return to box)
- Sponges (return to box)

#### **6. MAKE IT RAIN-** Time: 12 minutes

During this activity your troop will have the opportunity to make rain using shaving foam, color dye, water, and cups (see instruction sheet for more details). Girls will be able to make a rain cloud (shaving foam) and watch water fall from the cloud like rain. It may get a bit messy, but they will love making their own rain cloud.

Supplies:

- Shaving foam (return to box)
- Color dye (return to box)
- Pipettes/droppers (return to box)
- Water (not included)
- Cups (return to box)

## 7. CLOSING CEREMONY- Time: 5 minutes

When your troop has completed all activities, they have earned the Love Water Award. Online under Volunteers > Volunteer Learning and Support > Troop Co-Leaders > Resources for Troop Leaders, you can edit and print a certificate for each girl. Please give a certificate out to each girl in your troop. You can do a fun certificate ceremony at the end of completing these activities! Other closing activities could include:

- Make New Friends Song
- Clean up

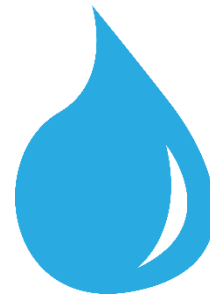
## Love Water Activity Instructions

### ACTIVITY 2- I LOVE WATER

Time: 10 minutes

Supplies:

- Crayons-Return to box
- Construction paper



Steps:

1. Tell your troop to grab crayons and a piece of paper
2. Then have them draw why they love water or their favorite activity to do in water
3. When everyone is done drawing share why everyone loves water
4. Reflection questions:
  - a. Why is water important?
  - b. Why do we all love water so much?

**PLEASE return supplies that are marked RETURN TO BOX back into the box along with extra supplies that were not used!**

### ACTIVITY 3- WATER CYCLE IN A BAG

Time: 10 minutes

Supplies:

- Color dye (return to box)
- Water (not included)
- Plastic bags
- Measuring cup (return to box)
- Window\*



\*You will need a light source for this activity

Steps:

1. Mix enough water and color dye together for your girls
  - a. Each girl will get  $\frac{1}{4}$  cup of water into their bag
  - b. 3-4 drops of color dye per  $\frac{1}{4}$  cup
2. Pour  $\frac{1}{4}$  cup of water into each plastic bag
3. Very tightly seal the bag
4. Tape the bag to a window or another natural light source
5. Watch over time the water cycle take place (this will take a day or two)
6. As you watch the water cycle happening, explain what is happening\*
7. Reflection questions:
  - a. What did you learn from this activity?
  - b. If water is recycled why is it important to save it?

\*The water will warm in the sunlight and **evaporate** into vapor. As that vapor cools, it begins changing back into liquid {**condensation**} just like a cloud. And when enough water condensed, the air couldn't hold it anymore and the water fell down in the form of **precipitation**.

In the real water cycle, rain, sleet or snow might land in a body of water like a river or ocean. But it also might fall on dirt where it soaks into the soil and either becomes ground water that animals and plants drink or it runs over the soil and falls into rivers, oceans or lakes {aka **collection**}

**PLEASE return supplies that are marked RETURN TO BOX back into the box along with extra supplies that were not used!**

## ACTIVITY 4- PLAYING IN THE RAIN

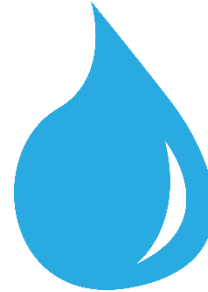
Time: 12 minutes

Prep Needed:

- Gather materials and supplies.
- Fill spray bottles with water.
- Cut a one-foot by one-foot square of wax paper for each girl.

Materials Needed:

- Instruction Sheet (return to box)
- Wax paper
- Straws
- Water (not included)
- Spray bottle (return to box)



Steps:

1. Give each girl a sheet of wax paper and a straw
2. Spray each girl's sheet of wax paper with a spray of water
3. Have the girls move their water droplets around with the straw\*
4. Reflection question:
  - a. What happens when you combined two small water drops?
  - b. How do clouds and rain work?

\* They should notice that the smaller water droplets stick to each other. The more they play with the water, the more likely they are to have fewer, larger droplets. Explain that this is what happens to water droplets in clouds. Eventually they become large enough to fall to the ground as raindrops.

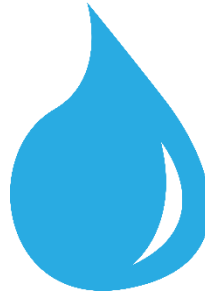
**PLEASE return supplies that are marked RETURN TO BOX back into the box along with extra supplies that were not used!**

## ACTIVITY 5- WATCH YOUR WATER

Time: 15minutes

Supplies:

- Water (not included)
- Container (return to box)
- Tape (return to box)
- Bowl (return to box)
- Sponges (return to box)
- Paper towels (return to box)



Steps:

1. Fill up the clear container with water. Mark the water level with marker or tape
2. Give each girl a piece of sponge. While you are passing out the sponges tell the girls to think of ways that we use water
3. Have the girls come to the water container one by one and state a way we use water then drop the sponge into the container. Explain that they need a different answer than the person in front of them
4. Once all of the sponges are dropped in, notice the water level. Take all of the sponges out, without squeezing them and place them in the mixing bowl
5. Discuss the water level and the impact it might have if we keep using water at that rate.
6. Have them take a wet sponge and squeeze it back into the container, as they do this have them state a way they can conserve water
7. Discuss how the level of water is still low, but not as much as before
8. Reflection questions:
  - a. What did you learn?
  - b. Why do we need to conserve water?
  - c. Do we lose some water, even when we conserve it?
  - d. How can you conserve water at home?

**PLEASE return supplies that are marked RETURN TO BOX back into the box along with extra supplies that were not used!**



## ACTIVITY 6- MAKE IT RAIN

Time: 12 minutes

Supplies:

- Shaving foam (return to box)
- Color dye (return to box)
- Water (not included)
- Pipettes/droppers (return to box)
- Plastic cups (return to box)



Steps:

1. Fill each cup full of  $\frac{3}{4}$  water
2. Top with shaving foam (you want enough to fill the rest of the cup and be stick above the cup a little)
3. Fill another cup with water and add in 8-10 drops (enough so the water is pretty dark)
4. Have girls collect colored water with droppers and then drop onto foam cloud
5. Make sure the girls are watching the water under their cloud to see the rain fall
6. Explain to girls how rain falls when clouds get heavy and their colored water made their foam cloud heavy and that's how the water got through
7. Reflection questions:
  - a. How do clouds work?
  - b. What did the blue water represent?

**PLEASE return supplies that are marked RETURN TO BOX back into the box along with extra supplies that were not used!**



# Congratulations!

**You've completed the GS-NCCP Jump  
Start Journey Box for the Love Water  
Award.**

**Name:\_\_\_\_\_**

**Troop #\_\_\_\_\_**

