

Girl Scouts – NCCP Jump Start Journey Box

**Journey: 5 Flowers, 4 Friends, and 3
Cheers to Animals**

Award: Birdbath



Table of Contents

What is a Jump Start Journey Box?	Page 2
How to Reserve a Jump Start Journey Box	Page 2
Birdbath Award Objectives	Page 3
Activity Summary for Birdbath Award	Page 3
Activity Instructions	Page 5
Resource Section	Page 8
Birdbath 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 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.

Birdbath Award Objectives

1. Name one way to care for an animal
2. Name one way to care for themselves

Birdbath Award Activity Summary

1. OPENING CEREMONY—Time:10 minutes

- a. Girl Scout Law
- b. Girl Scout Promise
- c. Snack (not included)
 - i. Great snacks related to this award are:
 1. Ants on a log
 2. Bananas
 3. Bird nest out of pretzels
- d. Talk about award objectives:
 - i. Name one way to care for an animal
 - ii. Name one way to care for themselves

2. STORYTIME—Time:8 minutes

Read a “A Purr-fect Surprise in the Flower Garden.” The story will introduce your troop to the 5 Flower, 4 Animals, and 3 Cheers Journey. As you read the story, ask girls how the Flower Friends are helping take care of the animals in the garden throughout the story. Ask the girls how they take care of their pets and other animals that live near them.

Supplies:

- A Purr-fect Surprise in the Flower Garden (return to box)

3. ANIMAL EQUIVALENTS—Time:10 minutes

This activity will help your girls to understand how they are similar to animals. In this activity girls will act like a bird and try and get a “worm” out of the “ground.” Using tweezers girls will try and pick up as many worms (pieces of string) as she can in 30 seconds. Girls will discuss other things they use that are similar to animals (i.e. coats are like fur)

Supplies:

- Instructions (return to box)
- String (return to box)
- Tweezers (return to box)
- Cups (return to box)
- Timer (not included in box)

4. PET PUPPETS—Time:15 minutes

Time for your troop to make their own pets and learn how to care for them. Your troop will be making dog and cat puppets out of paper lunch bags. After girls have created their own cute creature, talk with them about how they would care for the animal if it was real. For girls who do have pets, ask them how their families care for the pets.

Supplies:

- Instructions (return to box)
- Scissors (return to box)
- Brown paper lunch bags
- Markers
- Construction Paper

5. ANIMAL YOGA—Time:10 minutes

Get the wiggles out and get your troop active with a little animal Yoga. A fun way for your troop to relate to the animals they read about and see every day is to do Yoga poses inspired by them. Tell your troop by doing Yoga they are taking care of themselves by being active and working on being flexible and relaxed.

Supplies:

- Yoga sheet(return to box)

6. HEALTHY LIVING HOPSCOTCH—Time:15 minutes

An important part of Girl Scouts learning how to care for themselves is learning to live a healthy life. Girl Scouts will play a normal game of hopscotch except when they land on a tile they have to answer a healthy living related questions. Throughout the game your whole troop will learn ways they can live a healthy life and care for themselves better.

Supplies:

- Hopscotch squares (return to box)
- Instructions (return to box)
- Healthy Living Questions (return to box)

7. CLOSING CEREMONY —Time:10 minutes

When your troop has completed all activities, they have earned the Birdbath 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

Birdbath Activity Instructions

ACTIVITY 2- STORYTIME

Time: 8 minutes

Supplies:

- A Purrfect Surprise in the Flower Garden (return to box)
(In the Journey Handbook)

Steps:

1. Read the story
2. Ask your troop the following questions
 1. How many have pets do you have?
 2. How do you care for those pets?
 3. What other animals live in your neighborhood?



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

ACTIVITY 3- ANIMAL EQUIVALENT

Time: 10 minutes

Supplies:

- String (return to box)
- Tweezers (return to box)
- Cups (return to box)
- Timer (not included in box)



Steps:

1. Tell your troop they will be grabbing “worms” like birds today
2. Place a handful of pieces of string on the table
3. Give a girl a pair of tweezers, tell them they have to pick up as many pieces of string “aka worms” and put them in the cup in 30 seconds
4. Give each girl a turn
5. Talk to them about how birds use their beaks to pick up worms similar to how they used the tweezers to pick up the string
6. Talk about other things that we use that are similar to animals:
 - a. Coats = fur
 - b. Helmets = shells
 - c. Sun block = mud
 - d. Snorkels = gills
7. Reflection questions?
 - a. Did you know how similar we are to animals?
 - b. How else are we similar to animals other than physical things?

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ACTIVITY 4- PET PUPPETS

Time: 15 minutes

Supplies:

- Scissors (return to box)
- Brown paper lunch bags
- Markers
- Construction Paper



Steps:

1. Give each girl a paper bag
2. Tell them to decorate it to look like a dog or a cat (make sure they draw the face on the flap so they can use it as a puppet)
3. After their pets are complete, tell them to name them
4. Then sit down and talk through the following questions with your troop:
 - a. What will you feed your pet?
 - b. How do you bath them?
 - c. What toys do they need?
 - d. How will you give them love?
 - e. What will do you do keep them healthy?
5. Reflection questions:
 - a. What pet needs and human needs are similar?
 - b. What kind of pet do you want when you grow up?

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ACTIVITY 5- ANIMAL YOGA

Time: 10 minutes

Supplies:

- Yoga Sheet (return to box) **(see resource section)**

Steps:

1. Check out the Animal Yoga sheet and do some poses to relax.
2. Reflection questions:
 - a. Why is yoga good for your body?
 - b. What was your favorite animal pose?
 - c. What do animals do to keep healthy?



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ACTIVITY 6- HEALTHY LIVING HOPSCOTCH

Time: 15 minutes

Supplies:

- Hopscotch tiles (return to box)
- Bag to toss (return to box)
- Questions (return to box) **(see resource section)**



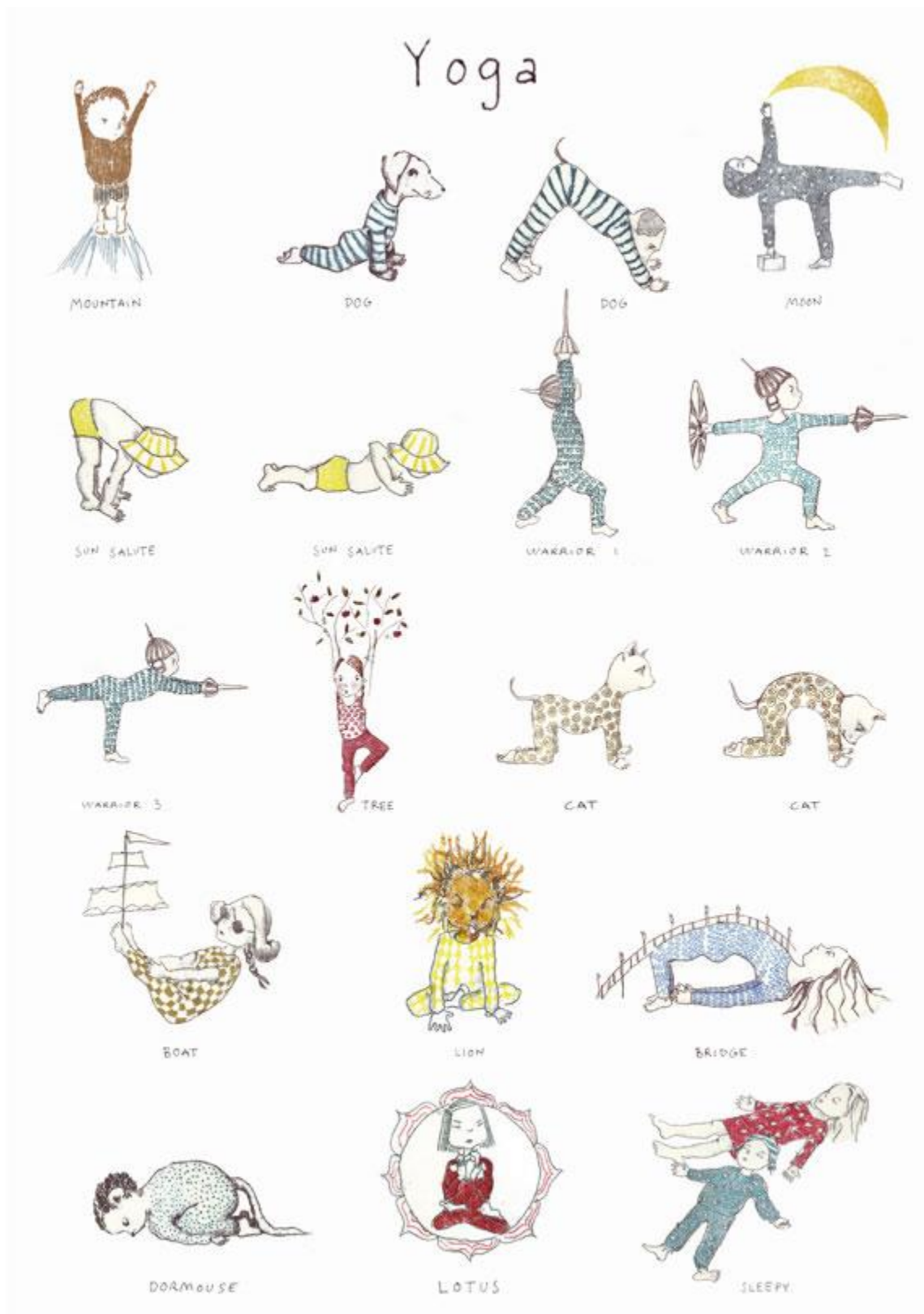
Steps:

1. Step up tiles in any order
2. Have the girls line up in front of the tiles
3. Have the first girl throw the bag onto the tiles
4. The girl will then hop to title she threw her bag on following the pattern
5. When she arrives to the title, you will then ask her a question from the Healthy Living Question sheet
6. When she answers the question right or does the activity, she will throw the bag again and continue until she has reached the end of the board
7. Then it is the next girl's turn
 - a. Feel free to make up your own questions too
8. Reflection question:
 - a. What is something you learned?
 - b. How are you going to continue to be healthy?

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Resource Section

ANIMAL YOGA



Healthy Living Questions for Hopscotch

When a girl lands on a tile as her a question before she can move on. Continue until she had completed the board.
Feel free to make up your own questions.

1. How can you keep your hands clean?
 - Wash them with soap and water for 20 seconds
2. Name a vegetable
 - Own answer
3. Name a fruit
 - Own answer
4. Do 5 jumping jacks
 - Have them do exercise
5. Touch your toes
 - Have them do exercise
6. How can you keep your teeth healthy?
 - Brush your teeth with toothpaste and a toothbrush
7. Which better for you water or soda?
 - Water
8. What is your favorite sport to play?
 - Own answer
9. Skip around the hopscotch board 2 times
 - Have them do exercise
10. What helps make your bones strong?
 - Milk
11. How many hours of sleep should you get a night?
 - 10-12 hours
12. What are the little invisible things that spread sickness?
 - Germs
13. How can you prevent germs from spreading?
 - Washing your hands and keeping things clean
14. Who do you go to if you are sick?
 - A Doctor
15. How do you care for your body?
 - Exercise and eat healthy
16. Which is healthier a carrot or a piece of cake?
 - A carrot
17. Name a green vegetable
 - Own answer
18. What is one way you relax?
 - Own answer



Congratulations!

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

Name:_____

Troop #_____

