

Girl Scouts – NCCP

Jump Start

Journey Box

Journey: Agent of Change
Award: Power of One



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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.

Power of One Award Objectives

1. Discover and share the powerful story of a forgotten women or girl form around the world who mobilized others and made a difference
2. Use their own “power log” to discover all the ways their strengths and powers help create change in the world
3. Discover what the Girl Scout law and true heroines share

The Power of One Award Activity Summary

1. OPENING CEREMONY–Time:10 minutes

- a. Girl Scout Law
- b. Girl Scout Promise
- c. Snack (not included)
- d. Talk about award objectives:
 - i. Discover and share the powerful story of a forgotten women or girl form around the world who mobilized others and made a difference
 - ii. Use their own “power log” to discover all the ways their strengths and powers help create change in the world
 - iii. Discover what the Girl Scout law and true heroines share

2. POWER–Time: 8 minutes

To start of this Journey of Power your troop needs to understand what power is. Take the time to discuss with your girls what power is. De-bunk myths about power they might have and encourage them to seek power in a positive way.

Supplies:

- Instructions (return to box)
- Booklet of large paper (18 x12 in)
- Markers (return to box)

3. POWER LOG–Time: 12minutes

This activity that can be done throughout the Agent of Change Journey. Girls will decorate a note book aka their Power Log with words, quotes, and pictures that inspire and empower them. Girls will use words like brave, strong, funny, great friend on their notebooks. The Power Log should be decorated with 100% positives, no negatives. After the Power Logs have been completed, have the girls write or draw for 10 minutes about their talents, stories, powers they use every day, or anything else related. Have them continue to use their Power Logs throughout the Journey to reflect and grow on their power and what they've learned about power.

Supplies:

- Instructions (return to box)
- Notebooks
- Mod Podge
- Scrapbook Paper

- Power Words Sheet

4. POWER LETTERS–Time:15 minutes

Each girl will have time to think about the powers they possess and use on a daily basis. Have each girl write her name vertical on the left side of a piece of paper. For each letter in their name they will need to list a talent, interest, or skill they have that is power. Girls should also write a few words on how they use that power, for example: T- Thoughtful- I can use my thoughtfulness to help others.

Supplies:

- Paper
- Markers (return to box)

5. POWER STORIES–Time:15 minutes

Girl Scouts need to learn the history of women’s power. They need to learn that for a long time women didn’t have power. Read from one of the stories found in this box or share a story you love about of a woman in history who made a difference in the world with her power. After sharing a story or two with your troop, encourage your troop to go home and ask women in their life when they use their powers to make a difference or to research a famous powerful women from history.

Supplies:

- Instructions (return to box)
- HERSTORIES (return to box)
- HERSTORIES Sheet

6. WEB OF POWER–Time:10 minutes

Time to get your troop thinking about other’s powers. Throughout the Journey they will learn more about the power of a team. This activity will open their eyes to others’ powers and learn how others’ see their powers. Girls at the end will see how their troop has a web of many powers connected together.

Supplies:

- Instructions (return to box)
- Ball of yarn (return to box)

7. CLOSING CEREMONY –Time:10 minutes

When your troop has completed all activities, they have earned the Power of One 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

Power of One Activity Instructions

ACTIVITY 2- POWER

Time: 8 minutes

Materials Needed:

- Instructions (return to box)
- Large sheet of paper
- Markers (return to box)

Steps:

1. Ask your troop the following questions:
 - a. What is power?
 - b. Who has power?
 - c. Who doesn't have power?
 - d. How do you use power in your life?
 - e. Is power good or bad?
2. Get them thinking about power, what is it and who has it. Answer their questions and talk through their answers to the questions above.



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

ACTIVITY 3- POWER LOG

Time: 12 minutes

Materials Needed:

- Instructions (return to box)
- Notebooks
- Mod Podge (return to box)
- Scrapbook Paper
- Power Words (return to box) **(See resource section)**



- Cups for Modge Podge
- Brushes

Steps:

1. Give each girl a notebook
2. Tell your troop to decorate their notebook with power words, positive quotes, phrases, and other positive things
3. After the notebooks have been decorated have the girls write in their notebook for 10 minutes about their thoughts on power. They can write about the discussion earlier about power or write new questions or things they want to learn
4. After each meeting or activity throughout this journey have your troop write in their notebook about what they've learned and how they are growing more and learning more about their own power

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ACTIVITY 4- POWER LETTERS

Time: 15 minutes

Materials Needed:

- Paper
- Markers (return to box)



Steps:

1. Have your girls think about their powers, talents, and skills
2. Give each girl a piece of paper and markers
3. Then have the girls right their first name (they can add last if they want) vertically on the piece of paper
4. For each letter in their name they need to write down a power, talent, or skills of theirs and also how they use it (see below for example)
5. As a troop share your power letters
6. Reflection questions:
 - a. What powers do you have?
 - b. What powers do others around you have?
 - c. Why is it good we all have different powers?

S-Strong- to be tough like a girl

C-Caring- use to show love to others

O- Overachiever- go above and beyond in my projects and help others

U- Use resources wisely- helps keep the planet healthy for humans and animals

T-Thoughtful- think of ways to make others happy

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

ACTIVITY 5- POWER STORIES

Time: 15 minutes

Materials Needed:

- Instructions (return to box)
- HERSTORIES (return to box) **(In the Journey Handbook)**
- HERSTORIES Sheet **(See resource section)**



Steps:

1. Read one or two of the stories in the box or tell our own empowerment story
2. After discussing the story give the girls the HERSTORIES Sheet either as a troop of individuals at home, go through activities and questions on the sheet and then discuss the findings as a troop
3. Reflection questions:
 - a. What did you learn about power from the stories?
 - b. How have women in history struggled to have power?
 - c. What powers do you have as a female?

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

ACTIVITY 6- WEB OF POWER

Time: 10 minutes

Materials Needed:

- Instructions (return to box)
- Ball of yarn (return to box)



Steps:

1. Have your troop stand in a circle
2. Give the ball of string to one person
3. Have the person with the string hold one end and throw the ball to another person in the circle (make sure they hold on to the string)
4. When they throw the string to another person they need to compliment the person or share a positive memory or words of affirmation
5. Then the person who was thrown the string and received the compliment will throw the ball to someone else in the circle and do that same
6. This continues until everyone in the circle has received the string and words of encouragement
7. Reflection questions:
 - a. What did you like about this activity?
 - b. Do you feel empowered? Why or why not?
 - c. Why is it important to empower those on our team?
 - d. How can we use our special individual skills to be a better team?

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

Resource Section

Power Words

Use these words to decorate your power logs!

Confidence

Beautiful

Thinker

Dreamer

Courageous

Doodler

Funny

Strong

Quiet

Talkative

Energetic

Collaborator

Creative

Good Friend

Chef

Artist

Thinker

Believer

Scientist

Inventor

Risk-tasker

Curious

Brave

Bold

Entrepreneur

Adventurer

Optimistic

Advocate

Supportive

Responsible

Original

Brainstormer

Maker

Visionary

Achiever

Developer

Arranger

Experimenter

Independent

Doer

Go-Getter

Resilient

Honest

Learner

Ambitious

Kind

Competitive

Relator

Enthusiastic

Passionate

Navigator

Discoverer

Pioneer

Traveler

Maximizer

Includer



Congratulations!

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

Name:_____

Troop #_____

