

# **Girl Scouts – NCCP**

## **Jump Start**

### **Journey Box**

**Journey: Between Earth and Sky**  
**Award: Blue Bucket**



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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!

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## 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.

# Blue Bucket Award Objectives

1. Tell one another about their feelings and the feelings of others
2. Take part in role playing (learning to solve conflicts; negotiating)

## Blue Bucket Award Activity Summary

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

- a. Girl Scout Law
- b. Girl Scout Promise
- c. Snack
- d. Talk about award objectives:
  - i. Tell one another about their feelings and the feelings of others
  - ii. Take part in role playing (learning to solve conflicts; negotiating)

### 2. BLUE BUCKET-Time:12 minutes

The Blue Bucket Award's objective is to help girls learn how to express their emotions and feelings. Each girl in your troop will have their own blue bucket and feeling flowers. Your troop will create their blue bucket and feeling flowers. Once they've created their blue bucket and feeling flowers, go around and have girls share which of the feeling flowers they are right now. You can use the feeling flowers to start off each meeting or to check-in every once in a while. This activity will get your troop comfortable talking about how they feel at meetings.

Supplies:

- Instruction sheet (return to box)
- Blue plastic cups
- Rope/ribbon
- Hole punch (return to box)
- Popsicle sticks
- Markers (return to box)
- Flower printouts
- Glue (return to box)
- Scissors (return to box)

### 3. ACT IT OUT-Time:15 minutes

Learning how to handle and resolve conflicts is another part of the Blue Bucket Award. Have your troop act out how to resolve the conflicts in the box. Have them act in pairs or as individuals. If acting isn't your troop's favorite activity you can discuss as a group how you would resolve the issue instead. Make sure you are helping girls resolve the conflicts in best way they can.

Supplies:

- Instruction sheet (return to box)
- Scenario sheet (return to box)

#### **4. ANIMAL EMOTION DICE**—Time:12 minutes

In box there is a set of dice. One die has animal name on it and the other side has emotions. Your troop will then roll the dice, so they will get an animal and an emotion. They have to act out that animal and emotion (i.e. sad cow or happy pig). This makes emotions silly and fun for the girls to understand and act out.

Supplies:

- Instruction sheet (return to box)
- Animal die (return to box)
- Emotion die (return to box)

#### **5. STORYTIME**—Time:10 minutes

In the box you will find the book *I Feel Silly: And Other Moods that Make My Day*. This book demonstrates to girls that every day you can feel something different and there are many emotions that you can feel. Read the book to your troop and talk about some of the feelings that they felt yesterday and today and how they differ.

Supplies:

- Instruction sheet (return to box)
- *I Feel Silly: And Other Moods that Make My Day* (return to box)

#### **6. CARING COUPONS**—Time:12 minutes

This activity allows Girl Scouts to care for the adults in their life that they love. In the box are coupons already made and ones for the girls get to create special for the adults in their life.

Supplies:

- Instructions (return to box)
- Care coupons
- Markers
- Hole punch (return to box)
- Ribbon
- Scissors

#### **7. CLOSING CEREMONY**

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

# Blue Bucket Activity Instructions

## ACTIVITY 2- BLUE BUCKET

Time: 12 minutes

Supplies:

- Instruction sheet (return to box)
- Blue plastic cups
- Rope/ribbon
- Hole punch
- Popsicle sticks
- Markers (return to box)
- Flower printouts (**See resource section**)
- Glue (return to box)
- Scissors (return to box)



Steps:

1. Give each girl 6 popsicle sticks and 6 flowers
2. Tell the girls to think of 6 emotions (happy, sad, excited, mad, etc.)
3. Help them write the emotions they pick on the popsicle stick
4. Have the girls draw a face on the flower that matches each emotion of the Popsicle stick. They design and color the flowers
5. While the girls are drawing on their flowers, punch two holes in the cup, across from each other
6. Then tie a piece of string in the holes (this is the bucket handle)
7. Next glue the flower on the corresponding popsicle stick
8. Have each girl place her flowers in the bucket
9. Gather in a circle and ask each girl to pick out which emotion she is feeling right now
10. Encourage the girls to use the bucket and flowers to tell her family and others, her emotions
11. Reflection questions:
  - a. Did you like sharing your flower emotion with the group? Why or why not?
  - b. Why is it important to share your emotions with your parents and friends?

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

### ACTIVITY 3- ACT IT OUT

Time: 15 minutes

Supplies:

- Instruction sheet (return to box)
- Scenario sheet (return to box) **(See resource section)**



Steps:

1. Act out the scenarios on the Act it Out sheet
2. Have girls pair up to act out the problem and how to resolve it
3. If your troop isn't into acting. Talk as a troop about how to handle the situation and then act out the resolution
4. Reflection questions:
  - a. What did you learn about resolving conflict today?
  - b. Why is it hard to resolve conflicts sometimes?

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### ACTIVITY 4- ANIMAL EMOTION DICE

Time: 12 minutes

Supplies:

- Instruction sheet (return to box)
- Animal die (return to box)
- Emotion die (return to box)



Steps:

1. Have one girl roll both the dice
2. When she rolls the dice she will have to act out the emotion and animal on the dice, for example she may roll Sad and Cow. She will need to act like a sad cow.
3. Have the rest of the troop try to guess what animal and emotion she is acting out
4. Give each girl a turn
5. Reflection questions:
  - a. Was it fun to express emotions as an animal?
  - b. Is it hard to express emotions as a human?
  - c. How can you make it easier to express emotions as a human?

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## ACTIVITY 5- STORYTIME

Time: 10 minutes

Supplies:

- Instruction sheet (return to box)
- *I Feel Silly: And Other Moods that Make My Day* (return to box)



Steps:

1. Read the book *I Feel Silly: And Other Moods that Make My Day*
2. Have each girl share the mood she is in
3. Explain to your troop that someday you are happier than others and other days you are mad and others you are silly. Encourage them to talk to their families or the troop if they are sad or mad for multiple days. Explain it is better to tell people how you feel, because it will make you feel better when you share how you feel
4. Reflection questions:
  - a. How do you feel today?
  - b. Is it okay to feel sad one day and happy the next?
  - c. What should you do if you feel sad or mad for a few days in a row?

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## ACTIVITY 6- CARE COUPONS

Time: 12 minutes

Supplies:

- Care coupons (**See resource section**)
- Markers
- Hole punch
- Ribbon
- Scissors



Steps:

1. Talk to your troop about how they can care for people in the, family, their parents, siblings, or grandparents
2. Give each girl, 5 premade coupons and a care coupon title coupon
3. Then have her decorate the coupons
4. Give each girl 3 blank coupons
5. Tell her to think of three things she can do to specifically care for someone in her family
6. Help her write these coupons out
7. Put all the coupons together, with the title coupon on top, hole punch the sides and tie a ribbon through the hole to keep them together
8. Tell your girls to give the coupons to her family and for her to encourage her family to use them
9. Reflection questions:
  - a. How do you feel when you care about someone you love?
  - b. When you care for someone else how does it make them feel?

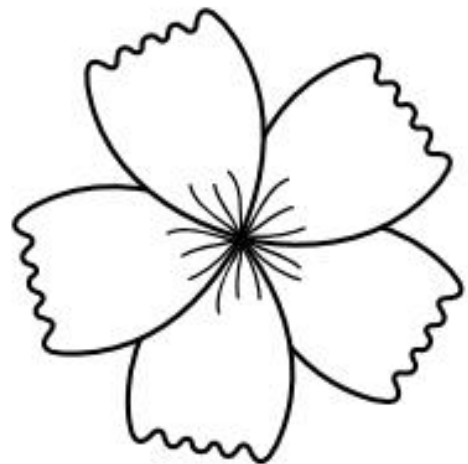
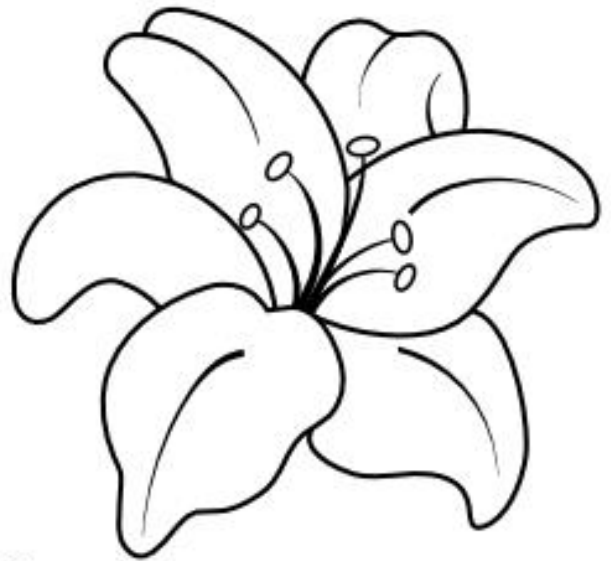
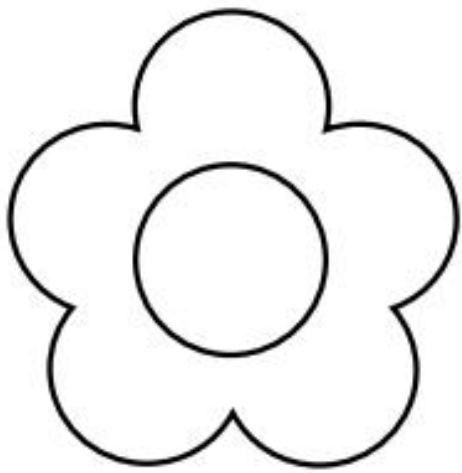
**PLEASE return supplies that are marked RETURN TO BOX back into the box along with extra supplies that were not used!**



# Resource Section

## Act It Out

1. Your big sister won't share her Barbie with you. Act out how you would resolve this conflict?
2. Your friend Taylor at school keeps teasing your other friend Sam about her new glasses. Act out how you would resolve this conflict?
3. Your fellow troop member is stomping all over the flowers when you are visiting a garden. Act out how you would resolve this conflict?
4. You and your best friend Ryan got into a fight over a swing at recess. Act out how you would resolve this conflict?
5. You and your brother trying to decide which game to play, you want to play tag and he wants to play pirates. Act out how you would resolve this conflict?
6. You are mad at your parents for missing a classroom party for a doctor appointment. Act out how you would resolve this conflict?
7. You told on your friend Sarah for not playing fair in a board game. Sarah is now mad at you. Act out how you would resolve this conflict?
8. Your two best friends are fighting over, who is a better friend. Act out how you would resolve this conflict?



# My Care Coupons

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Help with Chores

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Offer to Make a Snack

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Help Set the Table

# Offer to Help Clean Classroom

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# Congratulations!

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

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

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

