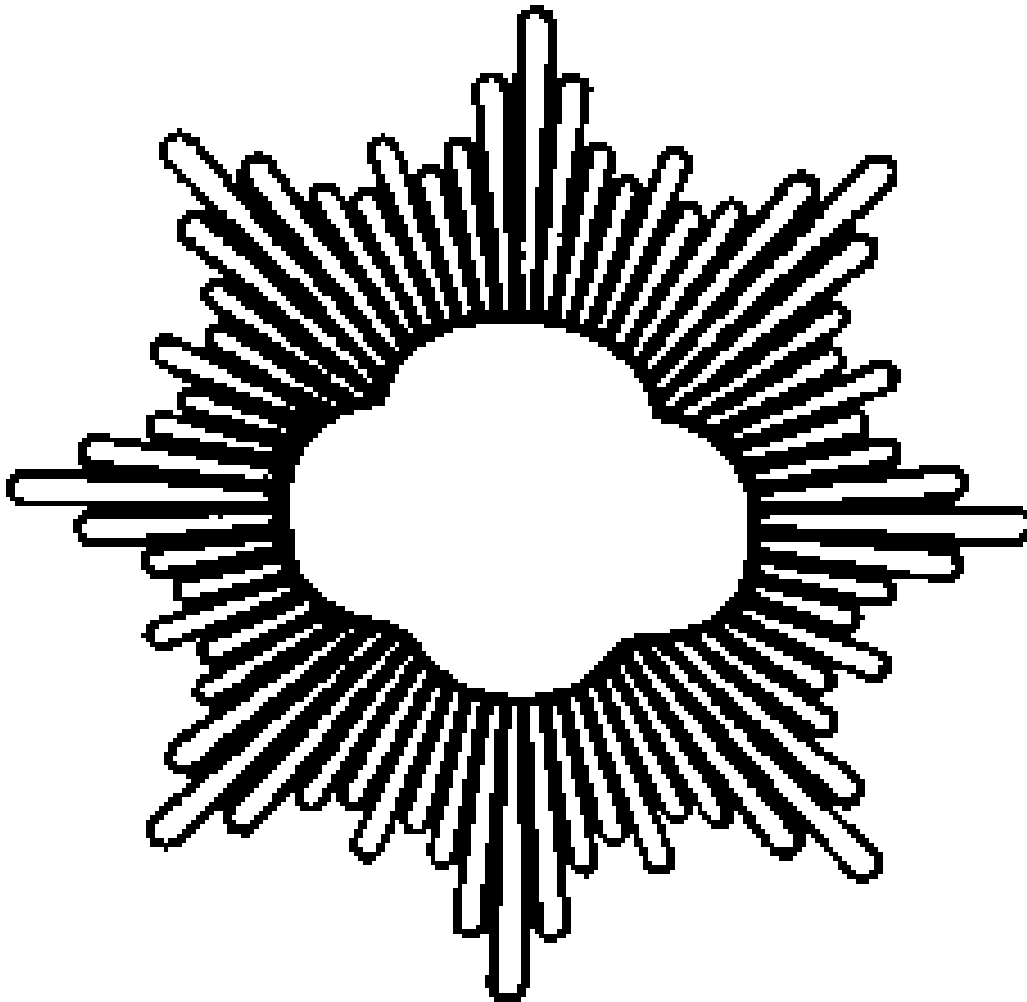


THE GIRL SCOUT BRONZE AWARD
Girl Scouts of Minnesota and Wisconsin Lakes and Pines

WORKBOOK FOR JUNIOR GIRL SCOUTS



THIS BOOK BELONGS TO: _____

TROOP: _____

LEADER'S NAME: _____

Girl Scout Bronze Award Overview

The **Girl Scout Bronze Award**, the highest honor a Junior Girl Scout can earn, gives girls a chance to learn the leadership and planning skills necessary to follow through on a community leadership project. Working towards this award demonstrates commitment to helping others, improving your community and your world and becoming the best you can be. Through the Girl Scout Bronze award girls will discover, connect and take action—which translate into knowing yourself, reaching out to others and taking action to make a difference in the world.

How to use this workbook: Adults working with girls should read through the entire book (and complete pages 5 & 6) before sharing it with girls. Then work with girls to read through and complete pages 3-8 to help them better understand each step of the Bronze Award process and to choose a meaningful final project. As girls finish each step they may complete that portion of the Report Form (pages 9-10).

Workbook Contents

INFORMATION	PAGE #
Girl Scout Bronze Award Overview and Workbook Contents	2
General Rules About the Girl Scout Bronze Award <i>Be sure to read the pages mentioned in the Junior Girl Scout Handbook!</i>	3-4
Suggested Bronze Award Timeline <i>While girls can earn the first 3 steps in any order, this graph is helpful when developing a timeline.</i>	5
Get the Basics! <i>Use the Junior Girl Scout Handbook and Junior Girl Scout Badge Book to complete this page</i>	6
Bronze Award Challenge <i>This quiz "tests" girls' Bronze Award knowledge</i>	7
Choosing a Bronze Award Project <i>Use these ideas to come up with a great final project</i>	8-10
Bronze Award Report Form <i>Each girl must complete this form individually</i>	11-12
Girl Scout Bronze Award Time Log <i>While girls are not required to use this form, it is very helpful when keeping track of time spent on the final project</i>	13
Bronze Award Notes <i>Girls may use this space for any information that may be helpful with their project</i>	14

Reminders For Adults Working with Girls on the Girl Scout Bronze	15
Special Options for Sixth Grade Girls	16
Resources for Adults Working with Teen Girls	17
Sample Girl Scout Bronze Award Ceremony	18

General Rules about the Girl Scout Bronze Award

This workbook has been designed to help you with your planning process in earning the Bronze Award. Here are some general rules to remember as you begin:

1. You can do the first three requirements in any order, but you cannot begin your Bronze Award project until you complete all of the required activities. You may not use one activity to apply to more than one requirement. **Read pages 202-203 of the *Junior Girl Scout Handbook* to learn more about the first three steps and your final Bronze Award project.** Another important section of the *Junior Girl Scout Handbook* is *Adventures in Girl Scouting*, pages 20-39. You will find great information on leadership, working together as a group, managing money and creating your Bronze Award action plan.
2. Projects should address a "need" that requires a plan of action to meet that need. Projects may be done in or outside of Girl Scouting and should not just be casual community service hours. Your project must be one you have not done previously.
3. You may work on the award individually or in a group. If the project is done as a group, each girl must complete 15 hours (including planning), be responsible for a part of the project and have her own unique contribution. The final project should be 7-8 hours.
4. Projects cannot raise or collect funds (dollars), but can collect items for donation. However, exceptions may be made for youth project specific grants such as YAR (Youth as Resources) grants. You must contact the Fund Development Department at the Waite Park Service Center before writing any grants or seeking any donations.
5. Projects should reflect YOUR interests and abilities. Make sure you choose a project that will be fun, challenging and interesting to you.
6. All of the requirements for the Bronze Award must be met before leaving Junior Girl Scouts. However, earning a Bronze Award is not a prerequisite for the Girl Scout Silver

Award (for Girl Scouts 11-14) or the Girl Scout Gold Award (for Girl Scouts 14-17).
Check out www.girlscouts.org/program/gsc_central for more details.

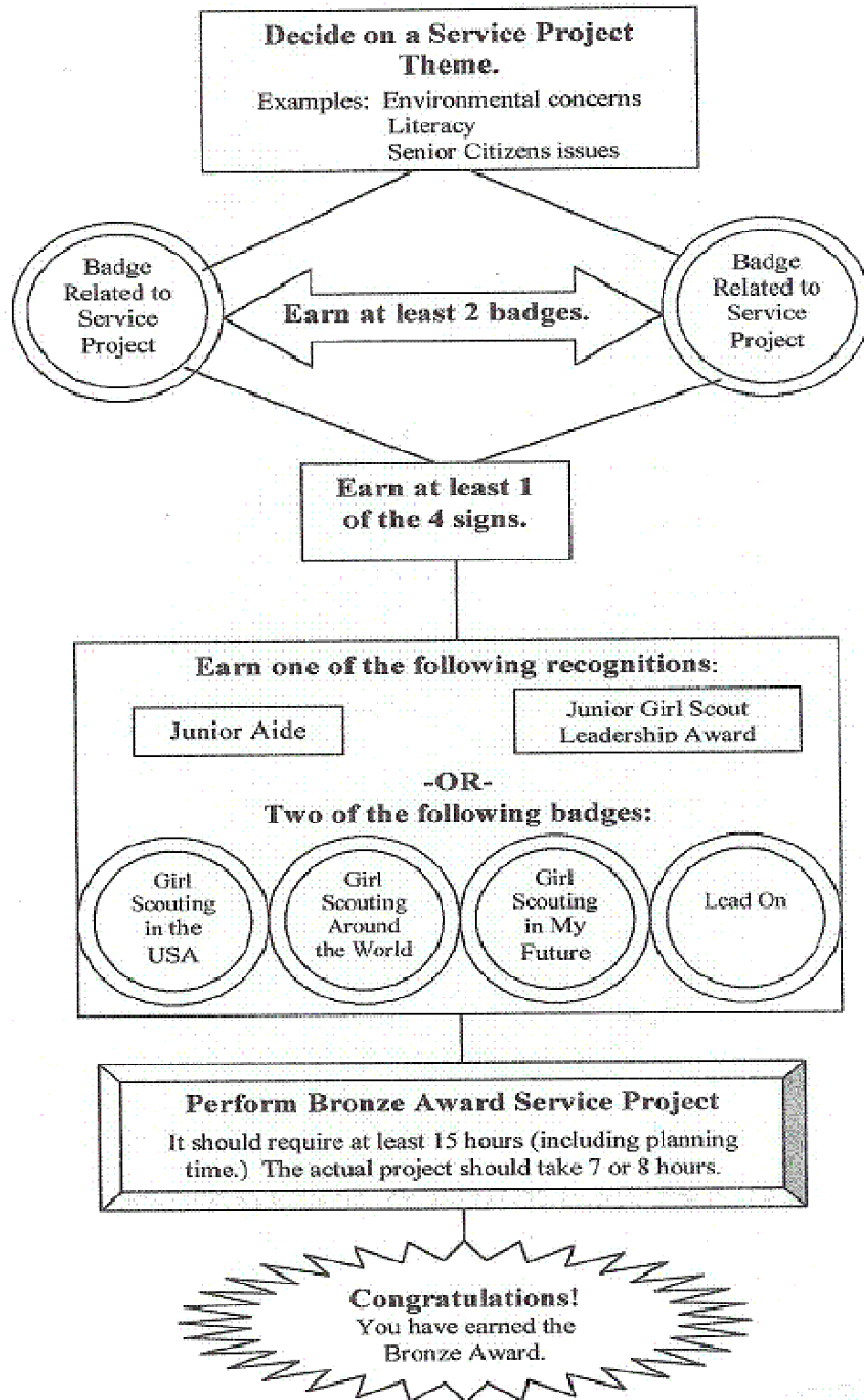
7. It is up to your leader/advisor to determine if you have met all the requirements for the Bronze Award. Your leader/advisor must sign the report form before it is mailed to the Bemidji Service Center. Approval is not required from GSMWLP staff.
8. If you have questions or would like more information about the Girl Scout Bronze Award, please contact Leadership Program Manager Tricia Andrews at the Bemidji Service Center, 218-751-4886, 800-955-6031 or tandrews@girlscoutslolc.org.

Suggested Bronze Award Timeline

Suggested Time Frame



Insert Your Title Here



Thanks to Girl Scouts, Tarheel Triad Council for sharing this graphic.

Get the Basics!

Search through your Junior Girl Scout Handbook and Junior Girl Scout Badge Book and find the answers to the questions below, then discuss each answer with your leader/advisor.

1. How many Junior Girl Scout badges are there? _____
2. A. How many Girl Scout signs are there? _____
B. How many activities are required to complete each sign? _____
3. How many badges can you find that relate to:
A. Sports: _____ C. First Aid _____
B. Nature _____ D. Animals _____
4. How does the cookie badge help Junior Girl Scouts learn about managing money?

5. Name 3 badges that involve using computers:
1. _____ 2. _____
3. _____
6. Why would a Junior Girl Scout earn the Junior Aid patch?

7. If you are doing a Bronze Award project that will involve collecting items for homeless children, what are at least 2 badges that would relate to that project?
Badge 1: _____
Badge 2: _____
8. If a Junior Girl Scout has been volunteering at a facility where elderly people are cared for, what are 2 badges that would help her prepare for a Bronze Award project that guides her experience at that facility?
Badge 1: _____
Badge 2: _____
9. There is a Junior Girl Scout that is trying to think of a good Bronze Award project. She is most interested in animals and is very good at sewing. Can you think of a good idea to help her?
10. A troop of four girls earned the *Ms Fix-It* Junior Badge. They learned how to fix a leaky faucet, how to make their homes more energy efficient, and how to handle home emergencies. Who could they help with their new skills as part of their Bronze Award project?

Bronze Award Challenge

True or False? Answer the following questions, then talk about each answer with your leader/advisor.

- _____ 1. You can begin your Bronze Award any time, even if you haven't completed the three required activities.
- _____ 2. If you earn a badge doing the "Sign of the Sun" you can also apply the badge to *other* requirements before doing your Bronze Award project.
- _____ 3. The "Pet Care" badge would be a good badge to apply to a project that deals with helping the elderly at a care facility.
- _____ 4. You must earn all four of the *Signs* found in the Junior Girl Scout Handbook.
- _____ 5. A Girl Scout Bronze Award project requires each girl doing the project to take 15 hours to complete a project.
- _____ 6. The "Eco-Action" badge would be a good badge to apply to a project that involves cleaning up a park or stream.
- _____ 7. You can do the first 3 requirements for the Bronze Award in any order you choose.
- _____ 8. You should depend on your leader, advisor or parent/guardian to do most of the work for you when you are working on your Bronze Award.
- _____ 9. When a group of girls work together on a Girl Scout Bronze Award project all of your hours can be added to come up with the required 15 hours.
- _____ 10. Each girl must complete her own report form, even if it is a group Bronze Award project.
- _____ 11. If you have questions about the Girl Scout Bronze Award you may contact the Leadership Program Manager at the Bemidji Service Center or your membership or program staff.

So, did you learn about the three requirements of the award that will help you gain the skills you need? Do you feel more prepared for the fourth requirement, the Girl Scout Bronze Award project? Great! It is time to get started! Use the information on pages 7 & 8 as you think about your Girl Scout Bronze Award project. Be sure to fill out the Report Form on pages 9 & 10 as you complete your project. Remember to CELEBRATE when you are all done. Good luck!

Choosing a Bronze Award Project

When choosing a Bronze Award project you should ask yourself:

- What am I good at?
- What am I interested in?
- What are the needs in my community?
- Who and what do I want to help?

Here are a few ideas to get you thinking. Be sure to use *the Your Own Action Plan* on page 39 of the *Junior Girl Scout Handbook* when you reach the planning stage of your project.

- Organize an event to educate others about an important issue (homelessness, pet care, disabilities, etc.)
- Coordinate a drive to collect items (food, books, toys, clothing, personal care items, etc.)
- Make blankets or other items for an organization you care about.
- Work on a project at a nature center.
- Help a food shelf or shelter organize their supplies so it is easier for staff to use.
- Work on a project for your school (update bulletin boards, organize supplies, etc.)
- Adopt a park-help clean the park, garden, etc.
- Organize an event for Girl Scouts in your area (World Thinking Day, badge day, etc.)
- Develop a way to volunteer at a community event (city festival, parade, etc.)
- Plan a community event (picnic, dinner, carnival, etc.)
- Visit an elderly care facility and play games, sing songs, or spend time talking with the residents.
- Help a new organization in your community with a project and let people know what they do.

Sample Girl Scout Bronze Award Projects

Here are some Girl Scout Bronze Award projects that have been done across the country. When you plan your Bronze Award project, be sure to choose a project that interests you and is important to you. It will sure be more fun that way, and will mean more to you when the project is done. Dream big!

1. A fifth grade Junior Girl Scout wanted to do a project at her grandmother's nursing home. That fall, she started working with her troop on the Sign of the Rainbow. She got to know some of the other residents in the nursing home when her troop interviewed residents for the *Folklore* Badge as part of the Sign of the Rainbow. She chose to complete her *Outdoor*

Creativity and *Camera Shots* badges in preparation for her Bronze Award Project. She learned about gardening during the summer and learned to use the family camera. In the fall of the sixth grade, she started work on her Junior Aide Award. She helped a group of Brownies learn songs to sing at the nursing home for the holidays as part of that award. She had called the activity leader at the nursing home and arranged to help residents plant a garden in the spring of sixth grade. She found out from the residents what they wanted to plant, helped them plant seeds and seedlings, and came by weekly to help them weed. When the garden was in bloom, she took photos and mounted a display in the nursing home's cafeteria.

2. One troop held a Cookie Rally for their Bronze Award project. Working in pairs, girls taught advertising, crafts, site sale and safety, cookie dances and songs, goal setting, and conducted check-in and introductions. One girl served as emcee. They put about six hours into planning and another eight carrying it out, and had 273 girls show up for their event.

3. A group of Junior Girl Scouts decided they should do something to help improve the meeting center at their camp. As they mapped out their final two years as Junior Girl Scouts, they felt that this would be a great final project. Half of the group was working on their Junior Girl Scout Leadership Award, while the other half was working on their Junior Aide Award. The troop was also split into groups to complete their Sign Requirements. Together, the group worked on the *Ms. Fix It* Badge to learn some needed skills, and they divided into interest groups on the *Books* and *Communications* badges. The troop and their parents worked with the camp caretaker to clean and paint the meeting center one weekend. They then returned to put up posters they had created while working on their badges. Some of the girls had volunteered at the library as part of their sign activity and learned how to repair books, including the well-worn songbooks. Resources were added to a library area as was an activity box.

4. A group of Junior Girl Scouts planned and carried out a Sports Day for Daisy and Brownie Girl Scouts in their Service Unit. Activities supported the *GirlSports* program. Several community consultants were recruited to provide workshops on healthy eating, fitness and exercise and various sports activities. Flyers were developed and given out at the Service Unit Meeting to Daisy and Brownie Girl Scouts. Participants attended several workshops of their choice, and everyone received special patches and certificates.

5. One girl enjoyed working with Daisy troops. She created a program for her Junior troop to put on a Daisy meeting where the Girl Scout program was explained through games and fun activities. She provided this program for several Daisy troops then put on a final four hour "Pajama Party". Daisies brought their sleeping bags and pajamas and really liked the story telling and indoor s'mores.

6. One troop earned *Family Living Skills* and *Safety First* badges before they held a one-day "Kids Health Day" at a pre-school. They invited dentists, doctors, nurses, EMT, police and firefighters to do safety presentations to the kids in one hour intervals. The speakers shared information about bike safety, fire safety, teeth, shots, wellness and home safety at the 4-5

year old level. After each presentation the girls led the children in a craft dealing with that aspect of safety. The pre-schoolers went home with tons of samples and information.

7. Inspired by the efforts of Mora, Minnesota, this troop worked on a community literacy campaign to provide resources and opportunities to foster a life-long love for reading in all their citizenry. They made posters to promote reading, made an audio tape of a book to give away, and held a book drive to donate books to area businesses. To prepare for their final project these girls earned the *My Community* and *Books* Junior Badges, completed the Sign of the World and earned the Junior Aid Award.

Your ideas. . .

JUNIOR GIRL SCOUT BRONZE AWARD REPORT FORM

Name: _____ Troop# _____ SU# _____

Address: _____
(street address) (city) (zip code)

How old are you: _____ Grade in School: _____

Date you began your project: _____

Date you completed your project: _____

Directions: Please fill in the spaces below as you complete each requirement. Once all of your requirements are complete you may begin your project. When you have completed all activities and your project, submit this report to the Bemidji Service Center. Use a pen and write clearly and neatly. Each girl must submit an individual report.

Requirements:

1. Complete two badges that are related to your Bronze Award Project. (You cannot count any badges earned to complete other requirements.)

Badge One: _____

Badge Two: _____

These badges are related to my project because: _____

Leader's signature: _____

2. Complete one of the Girl Scout Signs. Remember, any of the activities that you complete to earn the sign cannot be counted again for other requirements.

Name of sign completed: _____

By doing this sign, I learned that I can: _____

Leader's signature: _____

3. Earn the Junior Aide patch OR
the Junior Girls Scout Leadership Award OR

two of the following badges:

"Girl Scouting in the USA," "Girls Scouting Around the World,"

"Girl Scouting and My Future," "Lead On."

Please check the activity/s you completed:

Junior Aide Patch

Junior Girl Scout Leadership Pin

The following 2 badges (check the badges you completed):

Girl Scouting in the USA

Girl Scouting Around the World

Girl Scouting and my Future

Lead On

What did you learn about being a leader from these activities?

Leader's Signature: _____

4. Bronze Award Project

Name of your project: _____

Type of project: Individual _____ Group _____

If a group project, please list the names of other girls involved (each girl must submit a Girl Scout Bronze Award Report Form): _____

Why did you choose this project? _____

Please describe your project. Include what you did, who helped you (including non-Girl Scout community members or organizations), where you did your project, and how the project was successful (attach additional paper if necessary)

What did you learn from your project?

Is there anything else you would like to include about your project?

Please include any pictures or other items that we can include for writing articles, etc.

Leader's Signature

Date

Leader's name and phone number: _____

Leader Address/City/Zip: _____

Girl Signature

Date

Please mail completed form to: Bemidji Service Center, 750 Paul Bunyan Drive, Bemidji, MN 56601

Reminders for Adults Working with Girls on the Girl Scout Bronze Award

1. Girls must be registered Junior Girl Scouts to work on and receive the Bronze Award. Juliettes (individually registered Girl Scouts) may also earn this award. Girls must complete the Bronze Award by September 30th of the year they finish 6th grade. Please note: During the transition (2008-2010) to new program levels, girls may still work on their Bronze Award in 6th grade, even though they have moved to Cadettes.
2. A girl's project plans should expand upon their skills, knowledge, experiences and leadership abilities learned during their first year(s) as a Junior Girl Scout. Stepping back and letting her decide what to do, organize and implement (and make mistakes along the way) can be very difficult for the adult. You are there to help and support her, not do the project for her.
3. Junior Girl Scouts can earn the Bronze Award as individuals or as a group/troop. Each girl puts in a minimum of 15 hours on the project which includes planning time. Doing the actual project should take at least seven to eight hours.
4. Junior Girl Scouts are encouraged to use community resources whose knowledge or careers can make a Bronze Award Project the best it can be. Girls also benefit from learning how to contact community members and develop networking skills.
5. Girls do not have to earn the Bronze Award before they register as a Cadette Girl Scout. Earning the Bronze Award is not a prerequisite for earning the Girl Scout Silver Award.
6. Girl Scouts do not raise money or participate in fund raising activities with or for other organizations. This is a national and council policy. However, girls can provide volunteer services for organizations. Refer to *Safety-Wise* and council fund raising guidelines.
7. Each girl will need to complete her own final Girl Scout Bronze Award Report Form. Once the forms are received, the leader can purchase the Bronze Award pins from a council shop. The Bronze Award pin (order #09919) is placed to the left of the Girl Scout pin. Girls have the option of order the Bronze Award Pendant (#09908) rather than the pin. Also available is the 3" round Bronze Award Emblem (#09909) that may be placed on the back of a sash or vest.
8. It is up to the troop or service unit to determine what type of ceremony they would like to have when awarding the Bronze pin. A sample ceremony is on page 17. GSLOLC will mail certificates and congratulatory letters to each girl when the report form is received.
9. Bronze Award recipients are recognized in *Connections* and in the GSMWLP Annual Report. They will also be invited to attend a celebration held in conjunction with the GSMWLP Annual Meeting.

Special Options for Sixth Grade Girls

Sixth grade is the perfect time to introduce girls to the all the great options open to them in middle school and high school. In fact, the best (and perhaps the only) way to retain girls through their middle school years is to make sure they know about and are invested in the opportunities open to them at that age.

When working with sixth grade girls, keep these options in mind:

- Girls in sixth grade can choose to earn or complete the Girl Scout Bronze Award, using the resources for Junior Girl Scouts. Or, girls in sixth grade can bridge to the next level and choose to begin working on their Girl Scout Silver Award, using the *Go For It: Girl Scout Silver Award* insert. NOTE: Girls in sixth grade may not work on the Girl Scout Bronze and Silver Awards concurrently.
- Girls in sixth grade can choose from all available resources, including *Amaze: A Leadership Journey for Cadette Girl Scouts* which focuses on "the twists and turns of getting along." This book and accompanying adult guide is a great tool for girls and adults as they navigate relationship and friendship issues. Other publications include *Interest Projects for Girl Scouts 11-17*, the STUDIO 2B *Focus Book* series and patch programs such as *In the Zone: Living Drug Free..* Adult advisors and parents can help girls select appropriate resources depending on their interests.
- One way to get started is to explore www.studio2b.org with girls. It is THE resource for exciting new Interest Projects (Lounge), incredible travel opportunities (Escape) contests and scholarships (Gossip You Need) as well as fun quizzes and advice just for teen girls. Another website to explore when considering Girl Scouts at the middle school age is Girl Scout Central, <http://www.girlscouts.org/program/gscentral>.
- Advisors and troop leaders are encouraged to contact their membership staff or regional Program Specialists to discuss options and opportunities for girls in sixth grade or older.

Resources for Adults Working with Teen Girls

While the following resources do not relate directly to earning the Girl Scout Bronze Award, adults may find the topics useful when working with teen girls.

Family Guide: Keeping Youth Mentally Healthy and Drug Free

Information about dating violence among teens. <http://family.samhsa.gov/teach/dating.aspx>

Kids Health

Along with information sections for parents, kids, and teens are teen-friendly articles on girl bullying, cliques and dealing with stress. www.kidshealth.org

Odd Girl Out: The Hidden Culture of Aggression in Girls by Rachel Simmons

The Bully, The Bullied, and the Bystander: From Preschool to High School—How Parents and Teachers Can Help Break the Cycle of Violence by Barbara Colorosso

Celebrating girls: Nurturing and Empowering Our Daughters by Virginia Beane Rutter
"Women will find in these inspired pages guidance to help girls develop a sense of deep pride at being female." *Isabel Allende*

Reviving Ophelia: Saving the Selves of Adolescent Girls by Mary Pipher, Ph.D.

Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends & Other Realities of Adolescence by Rosalin Wiseman

Taking Charge of my Mind and Body: A Girls Guide to Outsmarting Alcohol, Drug, Smoking and Eating Problems by Gladys Folkers, M.A. and Jeanne Engelmann

The Seven Habits of Highly Effective Teens by Sean Covey

About-FaceTheatre Company Promotes positive self-esteem in girls and women of all sizes, races and backgrounds. www.about-face.org

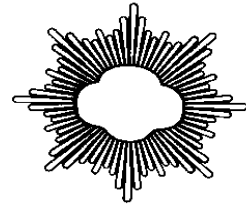
Body Positive Looks at ways to boost body image at any weight. www.bodypositive.com

National Association of Anorexia Nervosa and Associated Diseases

Provides hotline counseling, a national network of free support programs, referrals, and education and prevention programs. www.anad.org

Eating Disorders Coalition Advances the federal recognition of eating disorders as a public health priority. www.eatingdisorderscoalition.org

Sample Bronze Award Ceremony



Supplies: Three tall white or green candles. These candles are surrounded by one candle for each girl receiving her Girl Scout Bronze Award. The tall candles should be lit before the ceremony begins. Candles can be arranged in a candle log on a table at the head of a horseshoe formation.

Procedure: This ceremony can begin with a flag ceremony, the Pledge of Allegiance, the Girl Scout Promise and a song.

Leader: Today we are honoring _____ (names of girls to receive the award) for earning the highest award in Junior Girl Scouting, the Girl Scout Bronze Award. Each of these girls has achieved the high ideals and goals expressed by Juliette Gordon Low, who founded the Girl Scout movement in 1912.

Speaker #2: The three tall candles symbolize the threefold purpose of Girl Scouting as expressed in our Promise.

Speaker #3: "On my honor, I will try: To serve God and my country..."

Speaker #4: "...To help people at all times..."

Speaker #5: "...And to live by the Girl Scout Law."

Leader: _____ (names of girls) have served their country, community, and God with their hard work and skills. Each will speak about her Girl Scout Bronze Award project and receive her award. (Call first girl by name.)

Award Recipient #1: (Stepping forward) My Girl Scout Bronze Award project was _____. I learned _____.
(She walks to the leader who gives her the Girl Scout Bronze Award. Then she goes to the table, picks up a candle, lights it from one of the tall candles, and puts it back down.) This is repeated until all receive their awards.

Leader: An award is a symbol of achievement. It means that you have learned something new and provided service to others. With each new award, a Girl Scout takes on new responsibilities. More is expected at home, in Girl Scouting, and in your community. Strive always to be worthy of the symbols you wear, and wear them with pride. Best wishes to each of you.