

# CADETTE BREATHE JOURNEY MEETING 1

**Award Purpose:** When you've earned this award, you'll know ways to improve air quality while supporting and nourishing your own abilities as a leader who is aware, alert, and able.

**Activity Plan Length:** 1.5 hours

Time	Activity	Materials Needed
5 minutes	Getting Started <ul style="list-style-type: none"> <li>Begin the meeting by reciting the Girl Scout Promise + Law</li> </ul>	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
15 minutes	Can You Hear Me Now? <ul style="list-style-type: none"> <li>Explore the sounds that are in the air all around you.</li> </ul>	<input type="checkbox"/> Various noisemakers (cell phones, devices, gadgets) <input type="checkbox"/> Journal or notebook <input type="checkbox"/> Writing utensils <input type="checkbox"/> Tuning In handout
10 minutes	What's That Smell? <ul style="list-style-type: none"> <li>Use your sense of smell to become AWARE about air.</li> </ul>	<input type="checkbox"/> Assorted items with strong scents <input type="checkbox"/> Journal or notebook <input type="checkbox"/> Writing utensils
20 minutes	Rosy Lotion <ul style="list-style-type: none"> <li>Make rose and lime scented lotion.</li> </ul>	<input type="checkbox"/> Rose petals <input type="checkbox"/> Strainer <input type="checkbox"/> Small glass jars with lids <input type="checkbox"/> Stirring sticks <input type="checkbox"/> Glycerine (available at drugstores and health food stores) <input type="checkbox"/> Lime juice <input type="checkbox"/> Measuring spoons <input type="checkbox"/> Large cup or small mixing bowl
20 minutes	Clear the Air Yoga <ul style="list-style-type: none"> <li>Learn how to use yoga to relieve stress.</li> </ul>	<input type="checkbox"/> Yoga mat or towel <input type="checkbox"/> (Optional) Phone or computer with internet access
15 minutes	Snack Chat <ul style="list-style-type: none"> <li>While having a healthy snack, brainstorm air care issues that matter to you.</li> </ul>	<input type="checkbox"/> Healthy snack
5 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends lyrics poster

## Getting Started

Time: 5 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster



Welcome everyone to the meeting, recite the Girl Scout Promise and Law.

## Activity #1: Can You Hear Me Now?

Time: 15 minutes

Award Connection: Session 1 – Breathe the Air

Materials Needed: Various noisemakers (cell phones, devices, gadgets); journal or notebook; writing utensils; Tuning In handout (at the end of this activity plan)

Prep Needed:

- Print copies of the Tuning In handout before the meeting.
1. As you dive into your Breathe Journey to explore air quality and become air-AWARE, start by listening to the sounds in the air all around you. For this activity, make a symphony of noise in your meeting. Form a circle, get out all your cell phones and devices, and set them all to make sounds at the same time. Create a racket!
  2. Next, try to multitask with all the sound. Go around the circle and give everyone a separate multitasking assignment from the list below (or make up your own). Tell each person to keep doing their assignment while the symphony of noise from the devices is going for five minutes.
    - Count by 5s to 100
    - Shout your birthday
    - Recite the alphabet
    - Spell out “N-O-I-S-E”
    - Clap your hands in a pattern
    - Count backward from 15
  3. Now stop making noise and shut off all the devices. Sit in silence in the circle together for 5 minutes.
  4. Discuss how each cycle of noise and silence felt.
    - What good things came out of the symphony of noise?
    - Was it hard to concentrate with the racket?
    - What about the silence—was that a relief? Or was it difficult in its own way?
  5. Think about how you interact with each other with noise in the air all around you. You may not experience the extreme noise symphony that you just created every day, but there is a lot of background noise in the world. How does it affect your interactions? Did you get frustrated when you had to multitask? It may have just seemed funny during this exercise, but imagine if you were trying to get your homework done in that noise.
  6. On the flip side, some people have trouble focusing if it’s *too* quiet. What can you do to help clear the air to create comfortable spaces for everyone?
  7. Think about the sounds of nature next. Take a few minutes to write or draw your feelings and thoughts about nature sounds in your journal or notebook (i.e. a snowy morning, a rainstorm, or a walk in the woods with bird sounds).
  8. Discuss how all the noise symphony sounds from the first part of the activity can get in the way of appreciating and caring for the earth. Do you think that our gadgets and noises have disconnected us from the natural world? Why or why not?
  9. Write your commitment to tune out distractions and tune in to things you care about on the Tuning In handout.

## Activity #2: What’s That Smell?

Time: 10

minutes

Award Connection: Session 2 – Scent Sense

Materials Needed: Assorted items with strong scents; journal or notebook; writing utensils

1. You can use your nose when becoming air-AWARE too, since the air is filled with scent particles. Some scents are pleasant and inspire positive feelings, and others can make you cringe.



2. Set up scent stations with things like slices of citrus fruits, peppermint tea or candies, cinnamon, vanilla extract, pinecones, flowers, and herbs (or other items with strong scents). Visit the scent stations, smell the items, and you write thoughts and feelings about the scents in your journal or notebook.
3. Discuss scents:
  - What scent did you like best? How did it make you feel?
  - Was there a scent you didn't like? Why?
  - How in-tune are you with scents in your world on an average day? Is it easy to notice scents? Is there too much else going on in the air?
  - What unpleasant smells get in the way some days? Car exhaust? Cleaning products? Cigarettes? Garbage?

### Activity #3: Rosy Lotion

Time: 20 minutes

Award Connection: Session 2 – Scent Sense

Materials Needed: Rose petals; strainer; small glass jars with lids; stirring sticks; glycerine (available at drugstores and health food stores); lime juice; measuring spoons; large cup or small mixing bowl

Prep Needed:

- Prepare a batch of rosewater before the meeting. Boil 2 cups of water and add 1 cup clean, packed rose petals (no stems or leaves) to the boiling water in a Pyrex dish or bowl (covered with a lid or plate). Let it sit and cool for a day. One rosewater batch will make enough for about 8 batches of Rosy Lotion.
1. For this activity, you'll make a scented lotion that you can use to help you slow down and breathe!
  2. Strain the rosewater into a large cup or a small mixing bowl. Squeeze the rose petals to get all the water out.
  3. Measure 1 Tablespoon glycerine into each jar. Then add 1 1/2 Tablespoons lime juice, and stir to combine. Last, add 2 Tablespoons rosewater and continue stirring until all ingredients are blended.
  4. This mildly astringent lotion can be used on hands and forearms. Tighten the lids, take home, and enjoy!
  5. *Note: Becoming air-AWARE also means noticing when other people are bothered by scents and smells around them. Some people have sensitivities to smells. If this lotion smells too strong for some of your friends or family, you shouldn't wear it around them. You can also adjust the measurements of the scented items when you make your lotion.*

### Activity #4: Clear the Air Yoga

Time: 20 minutes

Journey Connection: Session 2 – Scent Sense and Session 4 – Get AWARE

Materials Needed: Yoga mat or towel; (optional) phone or computer with internet access

1. Do you ever feel stressed in your life? Juggling homework, friends, Girl Scouts, and other activities can be a lot to handle! Becoming air-AWARE also includes learning to notice when you feel stressed, and finding ways to slow down and take some deep breaths (a.k.a. air!) to change that.
2. Yoga is a terrific way to practice slowing down and breathing deeply. There are many ways to practice yoga! Check with the group to see if anyone practices yoga and would like to share what they know. You can also look online for easy-to-follow yoga videos. Here's a good one to get you started: [bit.ly/YogaClassroom](http://bit.ly/YogaClassroom)

### Activity #5: Snack Chat

Time: 15 minutes

Award Connection: Session 4 – Get AWARE

Materials Needed: Healthy snack

1. While having a healthy snack, discuss the following questions to get you thinking about air care issues:



- How have you become more air-AWARE since starting this Journey?
- What air care issues matter most to you:
  - Making more quiet time to tune into ourselves and nature?
  - Dealing with the source of smells that are bad for people to breathe?
  - Trying to prevent kids from smoking?
  - Planting more trees to keep our air healthy and clean? Adding more plants indoors to clear the air?
- Why do these things matter to you?

## Wrapping Up

Time: 5 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

## More to Explore

- Field Trip Ideas:
  - Go for a walk in the woods to listen to nature.
  - Visit a computer store to learn tips and tricks for managing sound on gadgets.
- Speaker Ideas:
  - Invite a noise control engineer or other professional who works in acoustics to your meeting to explain the science behind sound and noise.
  - Invite a yoga instructor to your meeting to teach the group a yoga routine.



## My Commitment to Tune In

This week, I will listen for the sound of

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and let it remind me to be more

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in my life.

I will listen for the sound of trees or bushes rustling and let it remind me to be thankful that trees and plants contribute to the air I need!

I will listen for the sound of birds and let it remind me that birds are counting on me to protect their resources!

