

Cadette Badges

Scale: 1 – I really really want to do this! to 5 – I would hate doing this!

Silver Award

___ 1 ___ 2 ___ 3 ___ 4 ___ 5

The Girl Scout Silver Award is the highest award a Girl Scout Cadette can earn. It give you the chance to show that you are a leader who is organized, determined, and dedicated to improving your community. Earning the award puts you among an exceptional group of girls who have used their knowledge and leadership skills to make a difference in the world.

1. Go on a Cadette journey.
2. Identify issues you care about.
3. Build your Girl Scout Silver Award team or decide to go solo.
4. Explore your community.
5. Pick your Take Action project.
6. Develop your project.
7. Make a plan and put it into motion.
8. Reflect, share your story, and celebrate.

Journeys: Completing a leadership journey is the first step to earning the Silver Award. Following are descriptions of each of the 3 journeys.

1. Amaze!

___ 1 ___ 2 ___ 3 ___ 4 ___ 5

Basic Description: Focuses on relationships/friendships with the people around you. Girls complete activities related to stereotypes, first impressions, friends, jealousy, conflicts and cliques, bullying, and cyber relationships. You will also complete a take action project based around friendship and event planning.

2. Breathe

___ 1 ___ 2 ___ 3 ___ 4 ___ 5

Basic Description: Focuses on the many aspects of air through the use of all of the senses. You will learn about noise, air pollution, global warming, and renewable energy. You will complete a take action project based around energy.

3. Media

___ 1 ___ 2 ___ 3 ___ 4 ___ 5

Basic Description: On this Journey, you will have the opportunity to earn three awards that move them up the ranks of Girl Scout Leadership! Along this journey you will be learning about media, focusing on your interests and desires to make a positive change in the way you use media in your own lives.

I would like to knock the journey out with a Saturday meeting plus project time

___ 1 ___ 2 ___ 3 ___ 4 ___ 5

I would rather spread out the journey and do a little bit at a time

___ 1 ___ 2 ___ 3 ___ 4 ___ 5

My Promise, My Faith ____ 1 ____ 2 ____ 3 ____ 4 ____ 5

Earning this pin helps you explore how Girl Scouting and your faith offer similar ideas about how to act and how Girl Scouting can tie into your faith. This award is usually earned on your own.

1. Choose one line from the Girl Scout Law.
2. Find a woman in your own or another faith community.
3. Gather three inspirational quotes
4. Make something to remind you of what you've learned.
5. Make a commitment to live what you've learned.

Cookie Activity Pin ____ 1 ____ 2 ____ 3 ____ 4 ____ 5

When you sell Girl Scout Cookies, you'll get better at all the skills involved in running a business. All girls who participate in the Girl Scout Cookie Program are eligible to earn the annual Cookie Activity Pin, which recognizes the "5 Skills" learned and practiced along the way.

1. Goal Setting
2. Decision Making
3. Money Management
4. People skills
5. Business ethics

Global Action Award ____ 1 ____ 2 ____ 3 ____ 4 ____ 5

When you earn this award, you'll learn more about how girls live around the world. You'll also do an activity to help girls who need it. By earning the Global Action award, you can learn, in a fun and educational way, about serious global issues affecting girls, young women, and their communities. Each Girl Scout who completes activities will join in WAGGGS' international movement of 10 million girls who together are sowing the seeds of social change.

Safety Award ____ 1 ____ 2 ____ 3 ____ 4 ____ 5

1. Learn how to make a room safe for a young child.
2. Find out about water safety and how to help someone out of the water.
3. Teach a Daisy or Brownie what to do if she gets lost and why she shouldn't talk to strangers.
4. Plan with your family for a natural disaster.
5. Discuss bullying with your Girl scout group, friends, or family.

Leader in Action ____ 1 ____ 2 ____ 3 ____ 4 ____ 5

You have an opportunity to put your skills to work assisting Girl Scout Brownies on each of their Journeys. Brownies (and their volunteers!) will appreciate having you along, and you will benefit from having the opportunity to have a position of responsibility.

1. Share your organizational skills
2. Use one of your special talents (such as creating and demonstrating a science experiment or craft)
3. Teach Brownies something important from their Journey (such as making healthy snacks or getting exercise)
4. Reflect on your experience.

Program Aide Award ___ 1 ___ 2 ___ 3 ___ 4 ___ 5

When girls guide or teach others, they act as mentors. Teen mentoring is a win-win proposition! One way you can be a teen mentor is to become a Cadette Program Aide. You will deepen your understanding of what leadership development means and get excited about guiding others! You too can learn to be a champion mentor that delivers fun with purpose to younger Girl Scouts.

Requirements Complete all three steps to earn the award:

1. Earn one LIA award.
2. Complete council designed leadership course training.
3. Work directly with younger girls over six activity sessions.

Silver Torch Award: ___ 1 ___ 2 ___ 3 ___ 4 ___ 5

This award recognizes Cadettes who act as leaders in their communities.

1. Complete one Cadette Leadership Journey.
2. Serve for one full term in a leadership position at your school, place of worship, library, town council, community center, after-school club, or a similar organization. For example, you might serve as school yearbook editor, on a committee to organize youth events within your faith community, or on an event-planning board at the Girl Scouts. The length of your service will depend on the term specified by the organization or the particular role.

Community Service bar: ___ 1 ___ 2 ___ 3 ___ 4 ___ 5

When you earn the Cadette Community Service bar, you make a difference in your community – and practicing the values of the Girl Scout Law. It's also, a great way to get involved with a cause about which you care.

To earn the bar, first choose an organization with which you'd like to volunteer. The organization will need to agree to give you instructions about the work you'll be doing. Your council needs to approve your service, so check with them before you begin. Once you've chosen your organization, complete at least 20 hours of service to earn the bar.

Service to Scouting bar: ___ 1 ___ 2 ___ 3 ___ 4 ___ 5

If you choose to volunteer at least 20 hours to the Girl Scout organization, you can receive the Cadette Service to Girl Scouting bar. For example, you might volunteer your time at a special event for younger girls, be an office assistant for your council or service unit, or help with special projects.

Your service hours for these bars need to be separated from those you use toward other awards. Each bar represents a new project and can only be earned once.

Badges

Trees

_____ **1** _____ **2** _____ **3** _____ **4** _____ **5**

1. Learn about food trees, design a tree house, or cook a tree dish
2. Identify area trees, sketch and label parts, forest life cycles
3. Create a tree craft, tree art, or a tree legend
4. Learn about logging/clear-cutting/deforestation, cycle of wood, create a dream tree garden
5. Plant a tree, tend a tree, or shadow an expert

New Cuisines

_____ **1** _____ **2** _____ **3** _____ **4** _____ **5**

1. Global: learn about a dish from a foreign country, talk to an immigrant about food, choose an ingredient and find a dish
2. US Regions: make a meal from a news story, a regional specialty, hometown/local recipe
3. Time: inspired by historical book, old family recipe, or classic recipe from a time period you like
4. Make a homemade copycat of a processed food, use vegetable based protein, learn about special diets
5. Host a potluck party, new cuisine party, or a progressive dinner

Marketing

_____ **1** _____ **2** _____ **3** _____ **4** _____ **5**

1. Learn about brand identity
2. Competition
3. Philanthropic companies
4. Develop your own message
5. Create a marketing campaign

Comic Artist

_____ **1** _____ **2** _____ **3** _____ **4** _____ **5**

1. Collect comics, talk to a comic artist, create a sticky note comic
2. Create a story from you life, a book or movie, or made up
3. Draw using tracing paper, free draw or use a book or online help
4. Panels: frame your comic. Use facial expressions, body postures or both
5. Words: dialog, thought bubbles, or a narrative

Girl Scout Way

_____ **1** _____ **2** _____ **3** _____ **4** _____ **5**

1. Songleading: organize a songfest, teach an international song, or help brownies with their Girl Scout Way badge
2. Girl Scout Week: be courageous and strong, speak up about an issue, do a project to show courage, confidence and character
3. Sisterhood: celebrate sisterhood, find a hidden heroine, do something to help women
4. Clean up a trail, clean an invasive species, do 3 general maintenance tasks
5. Traditions: make a wish/to-do list, global promise, or council history

Good Sportsmanship

_____ **1** _____ **2** _____ **3** _____ **4** _____ **5**

1. Define good sportsmanship by watching a sports event, watch a series or from online stories
2. Competition: make a quote book, talk to a coach, read a biography
3. Teammates: play the trust game, teambuilding games, or capture the flag
4. Using your inner voice: judging, visualization, team psych games
5. Action: Compete, play with little kids, become a referee or umpire

Financing My Dreams ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Dream jobs: list of interesting jobs, interview someone about their job, brainstorm and investigate jobs
2. Dream Home: do online research, interview a realtor, browse ads
3. Dream vacations: do online research, talk to a travel agent, learn about tour groups
4. Charity: local philanthropists, research major givers or a favorite charity
5. Budget: finish a budget and compare it with friends, plan with your family, change it up and plan again

Finding Common Ground ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Differences: learn about backgrounds, beliefs and opinions
2. Group decisions: make a decision using various methods
3. Civil debate: talk to an expert, watch candidates, look at a famous debate
4. Compromise: learn about compromise at a community, family, or state/national level
5. Mediation: practice mediation, consult an expert, try to find solutions for current international problems

Comparison Shopping ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Track an item, help with a large purchase for your family or troop
2. Online reviews: review the reviews, hold a debate, compare reviews to your experience
3. Online: compare, share and combine in a master chart
4. Avoid fraud: research signs of fraud, learn from others, or seek help from an expert
5. Manage online shopping: fantasy shopping, learn from others, or talk to an expert

First Aid ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Younger kids: take a babysitting class, talk to a medical expert or a childcare expert
2. Be able to use each piece of a first aid kit: talk to a medical professional, EMT, or take a class
3. Prevent outdoor injuries: talk to a first aider, wilderness expert, or research common injuries
4. Shock: research the signs/treatment, interview a doctor/nurse or EMT
5. Weather related: Take a first aid course, talk to an outdoor expert, or medical expert

Budgeting ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Values: plan a budget together, plan your own budget, talk to others
2. Track spending: write down spending, find your habits, look at the habits of others
3. Savings: research, talk to an expert, go to a bank
4. Giving: research charities, team up, or talk to an expert
5. Create a budget: savings action plan, work together, create a practice budget

Business Plan ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Create a mission statement and goals
2. Do customer research
3. Create a reason for cookie money – set smaller goals to reach a larger one
4. Make a risk management plan
5. Get expert feedback.

Night Owl ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Take a field trip to explore at night: Share night art, get into nightlife, go solar/lunar/extraterrestrial
2. Tour your world after dark: Tour your neighborhood at night, visit a park, trail, lake, stream, or other natural environment, or visit a place that's open 24 hours
3. Meet people who work night hours: Be an investigative reporter, take part in the night shift, create a photo essay
4. Explore nature at night: Examine the night sky, create a nocturnal animal, sketch a landscape plan for your own midnight garden
5. Host an extreme nighttime party: A "night" activity for younger Girl Scouts, a "power down" night, or create a nighttime legend

Animal Helpers ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Explore the connection between humans and animals: Find out how views of animals have changed over the centuries, watch a documentary series on the human-animal connection, show how animals helped at key points in history
2. Find out how animals help keep people safe: Check out a safety team that uses animals, talk to a trainer, read stories about animal heroes
3. Know how animals help emotionally: Talk to a vet or psychologist, visit an organization that uses animals to help people emotionally, interview at least five pet owners
4. Check out how animals help people with disabilities: talk to someone who trains assistance animals, speak to someone who has an assistance animal, research the pros and cons of training assistance animals
5. Look at how animals might help us in the future: get a sense of different animals' unique skills and abilities, talk to an animal expert at a zoo or university, practice being a scientist

Digital Movie Maker ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Learn digital video basics: local expert, take a class, teach yourself
2. Film. Then film some more: Film a sporting event, a celebration or a day in your life
3. Pick the perfect subject: Share a scene from a book, a cause or family story
4. Action!: Work solo, with friends, or with a mentor
5. Edit and premiere your movie: Add a sound track, add a title and credits, add transitions

Field Day ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Team up and dress up: Go, Blue! Go, Red!, unique uniforms, theme costumes
2. Host a historical game: An amazing race, target practice, test of strength
3. Play a scientific game: Construction challenge, soar winners, make it "flink"
4. Find fun in fiction: from books, online, or board games
5. Stage your grand finale: A puzzle pentathlon, a relay pentathlon or a wheel pentathlon

Trailblazing ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Start planning: ask an older Girl Scout, local trekking club, or learn on your own
2. Get your body and your teamwork skills ready: Participate in a physically challenging team-building course, build teamwork and endurance, try a "boot camp" exercise course
3. Create your menu: Find 3 recipes for quick meals, quick-energy snacks, trash challenge
4. Gain some trailblazing know-how: purify water, practice navigation with a map and compass or GPS unit, pitch your tent three times in three different locations
5. Head out on the trail: Play stuff-sack dramatics, see the stars, tell a progressive story

Special Agent Badge ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Plan a CSI themed night, host an "identity crisis" party, play Jane Bond.
2. Interview someone in forensics, try the eyewitness challenge, make some impressions.
3. Try out forensic chemistry, forensic physics, forensic biology.
4. Body language: Find out about "tells", research body language, voice analysis.
5. Write a scene or script for your own forensic-science drama, sketch or sculpt a "suspect" or photograph a "crime scene", create a spy scenario and design a disguise.

Screenwriter Badge ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Decide what makes a good script good: Watch one movie or three shows in your favorite genre, host a script-dissection party with friends, read two scripts.
2. Come up with an idea for a story from your life, a story you already know or make one up
3. Characters: Spend time people watching, exaggerate details about people you're familiar with, mix and match.
4. Plot: using your imagination, find plot twists in the news, or a story you know
5. Write a 12 page script and share it: work solo, with a friend, or a mentor

Public Speaker Badge ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Performing solo: Read aloud one monologue from three different plays, two political speeches, or three poems/one short story.
2. Body language: Play charades, videotape yourself miming one animal, one famous person, and one action, or pretend an item is something else.
3. Find your voice: repeat one word, one sentence and one passage four times, tell your story in 60 seconds, practice impressions of three famous people.
4. Write a speech about something you believe in, create a piece for a character, or pick an existing piece to perform
5. Create a theater in your own home, perform at school or go to your audience.

Netiquette Badge ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Brainstorm some "oops" and "wow" tips with friends, interview someone with a job that involves sending lots of emails, or read four published stories.
2. Go through your last 50 texts. quiz yourself about each one, interview a psychologist, guidance counselor, minister or expert in emotional health, start a kindness practice.
3. Get into email etiquette, find your best commenting voice, good net sportsmanship.
4. Social media profile: Discuss some character profiles, get feedback on a profile of your own, read three stories that discuss profiles.
5. Spread better practices: Make it a pledge, edit into a top 10, present it.

Woodworker Badge ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Write your name in nails, make a design with nails on wood, create a sculpture.
2. Keep it level: level up, make it right, do a survey.
3. Use a screwdriver: fix loose screws, attach it/detach it, build with a screwdriver.
4. Saw some wood: end the alphabet, square it off, make a simple doll.
5. Build something with your expert, home improvers or at a crafts store or workshop.

Eating for Beauty Badge ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Nutrition: eat by color, have a food-log challenge with friends, make a food pyramid.
2. Food for your skin: water, antioxidant rich foods, grocery store scavenger hunt.
3. Diet affects your stress level: food makeovers, sugar detective, chemical detective.
4. Food and sleep: make a chart of snooze/lose foods, take the two week test, REM it up.
5. Food end Energy: Poll friends/family, do an experiment, create a chart or blog post.

Babysitter Badge ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Development: Observe kids for an hour, ask an expert, find information.
2. Prepare: Attend a babysitter training course, interview five moms about what they expect from a babysitter, interview five professionals.
3. Play: Interview an educational toy or game creator, observe kids at a toy store for two hours, volunteer for at least two hours.
4. Find potential employers: market yourself, create a questionnaire, conduct interviews.
5. Practice your skills: games, snacks, crafts

Science of Happiness ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Make yourself happier: get into a state of "flow", count three blessings, stop and smell the roses.
2. Think differently for happiness: focus on what's realistic, use your strengths, be happy for others.
3. Get happy through others: make a gratitude visit, write a forgiveness letter, make something meaningful.
4. Do a happiness experiment: design your own survey, try quick polling, focus on one friend.
5. Create a happiness action plan: find a happiness helper, create an inspiration collage with the five top tips that help you stay happy, create a bliss box.

Book Artist Badge ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Explore: Survey a book collection, visit a bookbinder, tour a book arts or art museum
2. Get inside: Take apart an old book, mend an old book, visit a rare book seller
3. Try the techniques: fold & glue, fold & stitch, or stitch & glue
4. Focus on Function: make an organizational book, scrapbook or journal, or a gift book.
5. Focus on Style: Make a book from something unexpected, alter a book or try a different bookbinding style, or get creative with the definition of a "book".

Entrepreneur ____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

1. Brainstorm business ideas: interview your client, become a keen observer, group brainstorm
2. Improve one idea: divide your idea into different parts and improve each part, beat your competitors, use a "guideline"
3. Get into the financial side of things: seed money, business models, merchandising
4. Imagine creating a business: write up a five-point business plan, develop your "pitch", make a mock up of an advertisement or commercial.
5. Practice sharing your business ideas: present your idea to someone who hasn't seen it yet, present it to an expert, gather a group of clients.

Service Projects

There are lots of different types of service projects that we can do, and Girl Scouts should be all about service and giving back. What kind of service projects would you be interested in?

- | | | | | | |
|--|-------|-------|-------|-------|-------|
| 1. Singing Christmas carols or other holiday event at nursing homes. | ___ 1 | ___ 2 | ___ 3 | ___ 4 | ___ 5 |
| 2. Collecting items for people who need them (school supplies, coats, etc.) | ___ 1 | ___ 2 | ___ 3 | ___ 4 | ___ 5 |
| 3. Serving food and helping out at events for the community, veterans, etc. | ___ 1 | ___ 2 | ___ 3 | ___ 4 | ___ 5 |
| 4. Make things for others – animal treats, crafts for the elderly, blankets for children | ___ 1 | ___ 2 | ___ 3 | ___ 4 | ___ 5 |
| 5. Cleaning up a natural area, park, or helping to make new trails. | ___ 1 | ___ 2 | ___ 3 | ___ 4 | ___ 5 |
| 6. Host a badge day or event for a younger troop. | ___ 1 | ___ 2 | ___ 3 | ___ 4 | ___ 5 |

Any other ideas for service projects? What do you want to do? Who would you like to help?

Field Trips and Activities

- | | | | | | |
|---|-------|-------|-------|-------|-------|
| 1. A nature center | ___ 1 | ___ 2 | ___ 3 | ___ 4 | ___ 5 |
| 2. Powell Gardens
(learn about plants and flowers) | ___ 1 | ___ 2 | ___ 3 | ___ 4 | ___ 5 |
| 3. Camping in permatents
(more expensive, but easier) | ___ 1 | ___ 2 | ___ 3 | ___ 4 | ___ 5 |
| 4. Camping in regular tents
(less expensive, leaves more money for other things, but harder) | ___ 1 | ___ 2 | ___ 3 | ___ 4 | ___ 5 |
| 5. Going on day hikes
(just get together for a day outing) | ___ 1 | ___ 2 | ___ 3 | ___ 4 | ___ 5 |
| 6. Overnight in the GS Room | ___ 1 | ___ 2 | ___ 3 | ___ 4 | ___ 5 |
| 7. Holiday crafts/parties | ___ 1 | ___ 2 | ___ 3 | ___ 4 | ___ 5 |
| 8. Save up for a big trip | ___ 1 | ___ 2 | ___ 3 | ___ 4 | ___ 5 |

What else would you like to do?

Outdoor Skills

1. Fire Building: Practice fire building skills and make more campfires
____ **1** ____ **2** ____ **3** ____ **4** ____ **5**
2. Outdoor cooking: learn to cook more on a fire than just s'mores and hotdogs
____ **1** ____ **2** ____ **3** ____ **4** ____ **5**
3. Learn to use a real compass
____ **1** ____ **2** ____ **3** ____ **4** ____ **5**
4. Learn to read a map and find your way with a map and compass
____ **1** ____ **2** ____ **3** ____ **4** ____ **5**
5. Learn survival skills and how to make things from nature
____ **1** ____ **2** ____ **3** ____ **4** ____ **5**
6. Teach a younger troop about outdoor skills
____ **1** ____ **2** ____ **3** ____ **4** ____ **5**
7. Learn real first aid and what to do in an emergency?
____ **1** ____ **2** ____ **3** ____ **4** ____ **5**

Traditions:

Would you rather:

- ____ Have a Juliette Gordon Low party (Her birthday is on Halloween)? OR
____ Learn about her and Girl Scouts a little bit over several meetings?

Would you rather:

- ____ Learn a new song every couple of meetings or so? OR
____ Have a meeting or two where we just learn new songs?

Would you rather:

- ____ Learn some more traditional skills that Girl Scouts have learned over the years?
(Like Morse code, sewing, shelter building, etc.)
____ Learn more modern traditions?
____ Both sound like fun.

Science, Technology, Math

1. Would you like to have a science day where you visit different stations and learn about different kinds of science experiments and technology?
____ *Sounds like fun* ____ *Only if it's for a badge* ____ *No thanks.*
2. Would you like to do more science experiments during meetings?
____ *Sounds like fun* ____ *Only if it's for a badge* ____ *No thanks.*
3. Would you be interested in learning about robotics?
____ *Sounds like fun* ____ *Only if it's for a badge* ____ *No thanks.*
4. Do problem solving exercises and learn to figure things out for yourself?
____ *Sounds like fun* ____ *Only if it's for a badge* ____ *No thanks.*
5. Learn about the night sky (meteors, constellations, stars, etc.)
____ *Sounds like fun* ____ *Only if it's for a badge* ____ *No thanks.*