

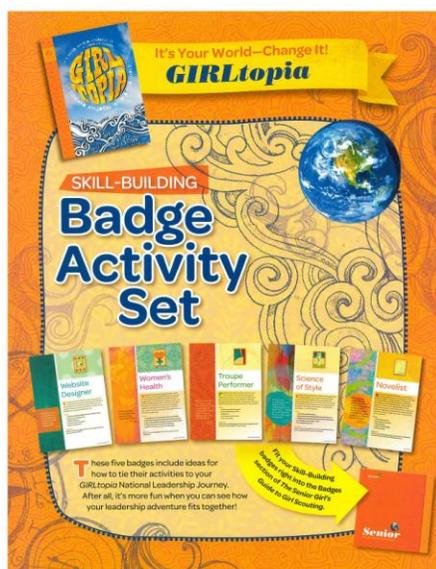
Skill-Building Badge Activity Sets

What will you find in the Skill-Building Badge Activity Sets? The Skill-Building Badge Activity Sets offer girls activities to build fun and relevant skills they can use on their leadership journey. Each set contains information for earning five skill building badges and includes steps and choices for girls, tips for leaders, suggestions for giving service, and ideas for how to tie activities to a Girl Scout leadership journey.

To earn the badges, girls complete detailed steps found in the Badge Activity Set. Each badge has five steps with three activity choices. Girls may choose to do all of the activities they are interested in or just pick one or two of the three choices within each step.

Girls may choose to earn a badge related to their journey or to any area that they are interested in. By exploring leadership through journey activities and building skills by earning badges, girls experience the benefits of the Girl Scout Leadership Experience.

Girl Scout Seniors have three Skill-Building Badge Activity Sets available including:



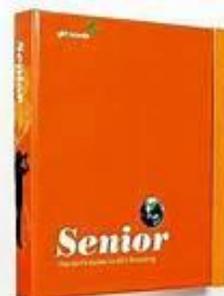
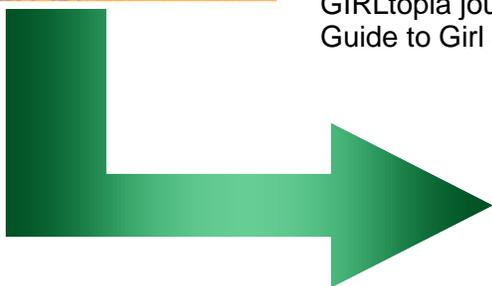
It's Your World – Change It! GIRLtopia

This Cadette Badge Activity Set comes with five three-hole punched badge booklets containing the complete steps for earning these five badges:

- Website Designer
- Women's Health
- Troupe Performer
- Science of Style
- Novelist



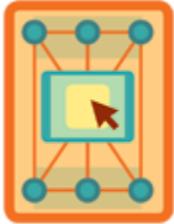
The GIRLtopia Badge Activity Set is designed to complement the GIRLtopia journey and be inserted into the badge section of The Girl's Guide to Girl Scouting for Seniors.



Shop the GSOC Council Shop or www.girlscoutsoc.org to purchase Girl Scout Leadership Journeys, How to Guides, Journey Awards, The Girl's Guide to Girl Scouting, Badge Activity Sets and more.

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This is a summary of badges in the **GIRLtopia** Badge Activity Set.
The complete detailed steps should be used for earning these badges.



Website Designer

View the world with a web journalist's eyes, and you'll find the story in everything. Build yourself a safe space online, where you can show your readers what moves you and share stories and causes with friends. You might end up getting to know yourself a little better, too.

Step 1: Find a worthwhile subject for your website or blog

Step 2: Be the host with the most

Step 3: Build a blueprint

Step 4: Create must-see content

Step 5: Go live – then drive!

When girls earn this badge, they'll know how to design, build, and promote their own website.

Women's Health

Nothing's more important than good health—and, as a woman, we have unique health issues at every stage of our lives. How can you make the health decisions that are right for you, and what kinds of support are out there to guide you? Do this badge to find out! Identify health topics facing women in your community and across the globe, explore those that matter most to you, and—in the last step—reach out and raise awareness to spread good health to the women in your world.

Step 1: Investigate the tests that help women stay healthy

Step 2: Find out how fads and beauty practices impact health

Step 3: Focus on techniques to help you stay emotionally healthy

Step 4: Take a closer look at a women's health issue

Step 5: Get the word out on a women's health topic

When girls earn this badge, they'll know how women can lead healthy lives.

Troupe Performer

Performance is a powerful way to make an impact on an audience—and a perfect way to put your leadership into action. It's also a fun way to sharpen your communication skills, learn to handle stress with grace, strengthen your teamwork skills, and grow relationships and networks. Get out there and show your stuff—put on a show!

Step 1: Pick your performance style

Step 2: Find and develop material

Step 3: Rehearse!

Step 4: Launch your performance

Step 5: Put on a show

When girls earn this badge, they'll know how to organize a team of people and put together a performance.

Science of Style

Imagine farming silkworms to make raw silk, engineering a biodegradable fabric, or using chemistry to develop a cover-up that hides and heals acne scars. Fashion and beauty are glamorous businesses, but it's the science behind these industries that makes their products cutting edge and desirable. In this badge, use the science of style to create—and imagine—your own products.

Step 1: Test skin care and makeup

Step 2: Examine the science behind fabrics and accessories

Step 3: Explore the science behind hair products and perfume

Step 4: Investigate the sociology of style

Step 5: Formulate future style

When girls earn this badge, they'll know the science behind makeup, perfume, fashion fabrics, and skin care products.

Novelist

Share a meal with a historical figure, unearth ancient treasures, spend the summer in outer space or dancing flamenco in Spain—writing a novel lets you dream the world your way. As you write descriptions and dialogue, invent situations, and make up feelings, you'll experience the fun of a novelist's career: spending time with new friends (characters you've created) and in other worlds (those from your imagination). And you'll end up with something impressive to share in college admissions—a work of fiction you wrote yourself.

Step 1: Deconstruct a novel

Step 2: Create great characters

Step 3: Develop a plot

Step 4: Write at least 20 pages

Step 5: Edit your pages

When girls earn this badge, they'll know what it takes to write a great novel and have written at least 20 pages of their own.

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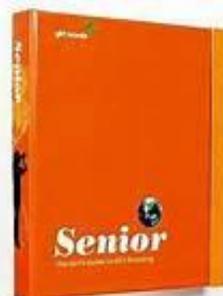
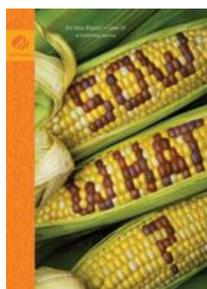
It's Your Planet – Love It! Sow What?

The Cadette Badge Activity Set comes with five three-hole punched badge booklets containing the complete steps for earning these five badges:

- Textile Artists
- Room Makeover
- Truth Seeker
- Adventurer
- Car Care



The Sow What? Badge Activity Set is designed to complement the Sow What? journey and be inserted into the badge section of The Girl's Guide to Girl Scouting for Seniors.



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This is a summary of badges in the **Sow What?** Badge Activity Set.
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Textile Artist

When you see all the colors and textures of fabrics and yarns, do you dream up a million things to do with them? Get ready to turn those visions into reality as you meet with artists, learn about the world of textile arts, and make two projects in the craft that most inspires you to pick up your needles (or loom or spinning wheel).

Step 1: Choose your textile art

Step 2: Find your tools and materials

Step 3: Learn the basics

Step 4: Make something for everyday use

Step 5: Create a gift or item for a special occasion

When girls earn this badge, they'll have learned the basics of a textile art – and have two fantastic projects to show for it.

Room Makeover

Combine color, texture, glue, and paint to develop some serious DIY flair! Look around for a room that inspires you (a bedroom, study nook, corner of a family room) and use this badge to discover the design concepts and fix-it tactics needed to turn a simple space into a creative statement.

Step 1: Gather ideas and inspiration

Step 2: Paint something

Step 3: Sew or glue something

Step 4: Redo something

Step 5: Build something

When girls earn this badge, they'll know how to do a fast, fun, and thrifty room makeover.

Truth Seeker

We're often told that we live in the age of information. It's true that we're surrounded by data—from TV, the Internet, and our friends. But not all information is created equal. Some is misleading, and some is downright wrong. It's important to know how to uncover the truth in what we see and hear, to judge sources on credibility, accuracy, reasonableness, and support for their claims. In this badge, you'll find out how to separate fact from fiction.

Step 1: Evaluate your sources

Step 2: Investigate what the experts say

Step 3: Be a wise consumer

Step 4: Find truth in your everyday life

Step 5: Become a citizen journalist

When girls earn this badge, they'll be able to figure out what is true in the media, online, and what they hear in their daily life.

Adventurer

What kind of adventure speaks to you? In this badge, you'll go on a multiday high-adventure challenge. You could go rock climbing, spelunking, ice caving, skiing, canoeing, kayaking, biking, rafting—or a combination! Put your outdoor skills to the test—and gain some new ones—as you become a Girl Scout Senior Adventurer.

Step 1: Enhance your adventure

Step 2: Get in the team spirit – and refine your teamwork

Step 3: Know your gear

Step 4: Plan your service to the great outdoors

Step 5: Capture the adventure

When girls earn this badge, they'll know how to go on a multiday outdoor adventure trip with friends and Girl Scout sisters.

Car Care

Driving is an exciting step toward independence, a chance to have fun going new places—and a big responsibility. In this badge, you'll master maintenance tips that keep a car in top form and driving skills that will help you rule the road safely.

Step 1: Get a handle on basic car maintenance

Step 2: Investigate vehicle safety

Step 3: Research safe driving practices

Step 4: Find out what to do in case of emergency

Step 5: Drive for a greener world

When girls earn this badge, they'll know tips for driving safely and how to take care of a car.

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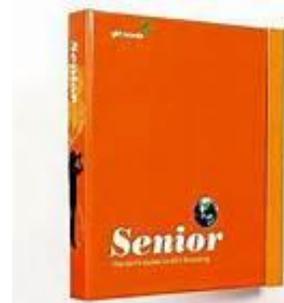
It's Your Story – Tell It! Mission: Sisterhood!

This Senior Badge Activity Set comes with five three-hole punched badge booklets containing the complete steps for earning these five badges:

- Traveler
- Voice for Animals
- Game Visionary
- Social Innovator
- Business Etiquette



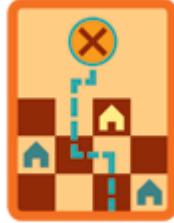
The Mission: Sisterhood! Badge Activity Set is designed to complement the Mission: Sisterhood! journey and be inserted into the badge section of The Girl's Guide to Girl Scouting for Seniors.



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This is a summary of badges in the **Mission: Sisterhood!** Badge Activity Set.
The complete detailed steps should be used for earning these badges.



Traveler

Close your eyes and imagine the spoils of travel: different cultures, breathtaking vistas, exotic foods. You might picture zooming down a zip line in the Amazon, tasting a classic New York hot dog, or digging into local lore at the history museum next door. Whether you travel near or far in this badge, you'll get the travel savvy to make the most of your adventures now and throughout your life.

Step 1: Research destinations

Step 2: Look into fun itineraries

Step 3: Find out how to create a budget, including ways to travel inexpensively

Step 4: Gain travel expertise before you go

Step 5: Take your trip – and make a memory

When girls earn this badge, they'll know how to plan a great trip of at least one night – whether it's around the corner or across the globe.

Voice for Animals

As consumers of beauty products, clothing, and chicken nuggets, and as pet owners, horseback riders, or circus spectators, our relationships with animals play a big role in our lives. What are the specifics of the complex relationship between animals and humans? If you want to know more so that you can make informed choices—and help others make them, too, this badge is for you.

Step 1: Find out about domestic animals

Step 2: Investigate animals used for science

Step 3: Explore animals in husbandry

Step 4: Take a look at animals used for sports and entertainment

Step 5: Look into an animal issue

When girls earn this badge, they'll better understand animal issues worldwide and know what they can do to help.

Game Visionary

This badge is your chance to build friendships and community networks by leading a series of fun, inventive, and challenging games. Use your vision -- of what's surprising, fantastic, team-building, and most of all, fun!—to invent some unforgettable activities. Making games is about pushing boundaries of creativity and possibility. It's not just about thinking outside the box, but getting rid of the box altogether. Enjoy exploring your imagination.

Step 1: Break the ice

Step 2: Imagine all the world's a board

Step 3: Create a physical challenge

Step 4: Get puzzled

Step 5: Make an ultra scavenger hunt

When girls earn this badge, they'll be able to design and organize games that will bring people together for creative and thoughtful fun.

Social Innovator

Girl Scouts are always on the lookout for ways to help others and make a difference. But how do you go from identifying a social problem to developing a social solution? This badge will show you how! And with the skills of a social innovator in your pocket, you'll be able to create Take Action projects for your Leadership Journeys or your Gold Award that are useful, informed, and truly do change the world.

Step 1: Explore the big picture

Step 2: Make connections

Step 3: Build empathy for people affected by your issue

Step 4: Develop a solution from a specific point of view

Step 5: Practice pitching ideas and getting feedback

When girls earn this badge, they'll know how to think like a social innovator.

Business Etiquette

No matter what your career dreams—astronaut, CEO, neurobiologist, rock star, or author—basic business manners will come in handy. From whether you wear those sparkly purple flats to how you hold your shoulders when asking for a raise to how you present your profile online, it all adds up to your business image. How will you showcase just what you're capable of?

Step 1: Communicate with style and confidence

Step 2: Ace an interview

Step 3: Try your hand at negotiating

Step 4: Explore how to act on the job

Step 5: Network with flair

When girls earn this badge, they'll know the kind of savvy they'll need to be successful in the business world.