

Program Design for Princeton-Blairstown Center
Presented June 2014
SPECTACULAR SURVIVAL



This program was designed by girls *for* girls!

TITLE OF PROGRAM: Spectacular Survival Skills
PBC Lesson Plan Graphic Organizer
ONE AND A HALF-DAY PROGRAM

Program Objectives:

- Objective 1:** Girls will learn to be **prepared for emergencies** in the wilderness.
- Objective 2:** Girls will learn how to **overcome fears and think clearly when they are afraid.**
- Objective 3:** Girls will learn how to **be adventurous and safe at the same time.**
- Objective 4:** Girls will learn to be **independent.**

How Does This Program Support Girl Scout Leadership Framework?

The Girl Scout Leadership Framework has 3 parts: Discover + Connect + Take Action = Leadership. Each part has 5 outcomes. This program best supports **CONNECT**. Of the 5 outcomes for **CONNECT** all of them are outcomes for this program:

- 1. Girls develop healthy relationships.**
- 2. Girls promote cooperation and team building.**
- 3. Girls can resolve conflicts.**
- 4. Girls advance diversity in a multicultural world.**
- 5. Girls feel connected to their communities, locally and globally.**



Food for Fuel: Lots of water (no sugary drinks). Fruits, vegetables and whole grain bread.

Target Population: Girls age 10+. The program is designed for all girls. They do not have to be Girl Scouts. We do not want to limit this experience.

Group Size: 8-12 girls.

Best Time of Year: April to November

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SPECTACULAR SURVIVAL

Pre-requisites: A suggestion is that girls already have done an easier form of orienteering and that they know basic cooking in a kitchen. It helps if they have done tent building and environmental study. Tent building and environmental study are not required but are strongly suggested to have done before starting this course.

Program Description:

Spectacular Survival is an enriching and advanced leadership course for girls who want to connect with their friends, uncover their strengths and explore their communities. Girls will get to learn how to take care of themselves in the woods. This course is for girls who wish to challenge themselves – mentally and physically. Many qualities will be introduced that girls would need for all of their lives. This course will bring girls closer to nature. Girls will learn to navigate using a compass during orienteering, work in teams to build rafts, explore the lake in a canoe and create awesome outdoor cuisine! The girls will learn to interact better with their peers and have more confidence in their ability to navigate through the woods. Also, these skills will help whenever they are camping!

Overview of Program Activities:

Day 1

- Orienteering
- Outdoor Cooking
- Wall Climbing
- Canoeing

Day 2

- Raft Building
- Leadership Circle

What's New for PBC

A pink starburst graphic with a jagged, multi-pointed border, containing the word "New!" in white text.

We are adding First Aid lessons for young participants to PBC's programs. Currently there are no First Aid programming for young participants. Our idea is to add it in since it is a basic skill for survival. Hope you like it!

Materials:

1. Sneakers (no boots, sandals)
2. Healthy snacks and water
3. Sunscreen and bug spray
4. Extra clothes just in case

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SPECTACULAR SURVIVAL

Other:

PBC is not responsible for making sure Girl Scout badge requirements are met. Each troop leader must check the requirements and buy the appropriate badges that are earned. The PBC program price does not include the cost of Girl Scout badges.

Girl Scout Awards That May Be Earned:

Juniors

Camper	Junior First Aid
	

Camper: Girls should plan their survival adventure and learn a new camping skill including cooking. These activities will help earn this badge. These are the requirements for this badge:

1. Start planning your adventure
2. Gain a new camping skill
3. Find your inner camp chef
4. Try a new activity
5. Head out on your trip (and have some nighttime fun!)

When girls have earned this badge, they will know how to have a great overnight camping trip at a campsite or cabin. My program satisfies these requirements because girls would learn basic survival and camping skills throughout the program.

Junior First Aid: Girls have to learn the first steps to take in an emergency in the woods and how to describe an injury to a first responder. They should pack a portable first aid kit and know how to take care of someone who is sick in the wilderness. This will help them earn this badge.

1. Learn the first steps to take in an emergency
2. Talk to first responders
3. Make a portable first aid kit
4. Find out how to handle urgent first aid issues
5. Know how to take care of someone who's sick

When a girl has earned this badge, she will know how to help people who are sick or hurt. My program satisfies these requirements because throughout the various activities in this program,

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girls learn how to apply first aid by doing things such as treating poison ivy or practicing how to carry out CPR in certain situations.

Cadette

Trailblazing	Trees	Cadette First Aid
		

Some tips for earning these badges:

Trailblazing: Make sure the girls help plan what they are doing in this program and use good teamwork skills. For cooking, make sure they help create the menu. The girls should learn the basics of finding good trails. Here are the requirements for this badge:

1. Start planning your adventure
2. Get your body and your teamwork skills ready
3. Create your menu or plan the time you'll have your meals
4. Gain some trailblazing know-how
5. Head out on the trail

Our program satisfies these requirements because during the course of activities such as orienteering, girls would learn about how to navigate themselves on a trail while also being able to go on the trails themselves.

Trees: For this badge, girls should learn some basic science about trees. If they make basic shelter using some leaves, twigs, and sticks, learn how people and trees are connected, and are able to use wood to create a fire pit for cooking, they can earn this badge. Here are the requirements for this badge:

1. Try some tree fun
2. Dig into the amazing science of trees
3. Make a creative project starring trees
4. Explore the connection between people and trees
5. Help trees thrive

My program satisfies these requirements because girls would get a chance to learn about trees throughout the activities they do in the program.

Program Design for Princeton-Blairstown Center
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SPECTACULAR SURVIVAL

Cadette First Aid: Girls should learn how to take care of a younger child if they are hurt in the woods and learn how to use everything in a first aid kit.

1. Learn how to prevent and treat an injury in cold weather
2. For all the outdoor activities, the girls should be able to safely help a peer that gets injured.
3. Learn to use the first aid kit at appropriate times.
4. Know how to treat poison ivy.
5. Learn how to treat injury due to environment

My program satisfies these requirements because throughout the various activities in this program, girls learn how to apply first aid by doing things such as treating poison ivy or practicing how to carry out CPR in certain situations.

To be sure that all of the requirements are met to earn them, leaders should review the badge descriptions provided by the Girl Scouts USA.

Morning Session – Day 1 Full Program

Welcome: 8:30 am – 9:30 am

Meet facilitator + Welcome + Explain the outcomes for the program
Explain restoration: This is everyone's responsibility to clean up after they use a space. We must restore our cabins and the facilities to their original state of cleanliness. At PBC, this is called "restoration".
Play the "name" game or other game to make the girls feel welcome

ACTIVITY 1 – Day 1: 9:30 am – 11:00 am

Orienteering: Girls would get to know PBC by navigating themselves through the woods at PBC. Orienteering is an activity in which participants use teamwork and interpretational skills to solve problems such as finding their way through the woods. The participants will have to find their destination as given to them by camp advisors after being placed somewhere on PBC campgrounds. This activity puts participants in a position to build up creative thinking skills and team cooperation as well as problem solving as they work together and don't freak out trying to find their way out of the woods. They learn to be calm and solve problems. As well as learning these skills, girls can also learn first aid skills! During this activity, girls would be able to learn how to treat poison ivy.

Goals: Team cooperation and problem solving, promoting cooperation, learning how to responsibly treat poison ivy

Estimated length of time: 90 minutes

Discussion Guide:

- How did you work together to find your location?
- How does this connect to outdoor survival?
- Why was it important for you to work with your team in this activity?
- In the real world, how do leaders “navigate” to solve problems?
- Where do you think you contributed the most?

ACTIVITY 2 – Day 1: 11:00 am – 12 noon

Outdoor Cooking: Girls would cook outside using fire and wood. They would find out that in nature, cooking is probably not as easy as popping something into the microwave. Girls would learn how to make a fire in the woods in a safe way and would also have the chance to make bread on a stick, baked cinnamon apples and other delicious snacks! Not only this but girls would also learn how to treat burns.

Goals: Learn basics of cooking outdoors, safety rules of outdoor cooking, how to responsibly treat a burn.

Estimated length of time: 60 minutes

Discussion Guide:

- What did you like most about cooking outside?
- What are the safety things you learned?
- What are some of the ways you can cook things in the outdoors?
- How do you start and put out a fire safely?

LUNCH and RESTORATION: 12 noon – 1:00 pm



AFTERNOON SESSION – Day 1 Full Program

ACTIVITY 3 – Day 1: 1:00 pm – 3:00 pm

Wall Climbing: Girls would climb up a 25 foot wall using their mental and physical strengths. With the three levels of difficulty on the climbing wall, girls would be able to challenge themselves. This activity helps girls improve on communication, set goals and overcome fear.

Goals: Communication, be adventurous and safe at the same time, overcoming fear

Estimated length of time: 120 minutes

Discussion Guide:

- How does this program help you on your steps to leadership?
- Did you achieve your goal? Why didn't you or how did you?
- What would you do differently next time considering your goals you had for this time?

BREAK: 3:00 pm – 3:30 pm

ACTIVITY 4 – Day 1: 3:30 pm – 5:00 pm

Canoeing: Girls would find out how to go across water safely without having a sophisticated form of transportation such as motorboats, etc. Girls would have to physically challenge themselves and use proper techniques to be able to successfully complete this activity. Canoeing helps build healthy relationships and help builds your responsibility and leadership skills. Leadership skills that are learned by canoeing are being able to lead others and to be able to communicate with others. Girls would also get a chance to learn the safety rules and some basic first aid.

Goals: Communication, Problem Solving, and Canoeing basics, Learn basics of first aid

Estimated length of time: 90 minutes

Discussion Guide:

1. What was the most relaxing thing about canoeing?
2. What are some safety things you need to remember in order to canoe properly?
3. How can you make sure that everyone is canoeing properly?
4. How will canoeing impact your water experiences?

FREE TIME: 5:00 pm – 6:00 pm
DINNER and RESTORATION: 6:00 pm – 7:30 pm
CAMP FIRE: 7:30 pm to 8:30 pm
QUIET HOURS: 10:30 pm

Morning Session – Day 2 Half Day Program

7:00 am – 8:00 am

Rise and Shine – Washhouse Time!

ACTIVITY 1 – Day 2: 9:00 am – 11:00 am

Raft Building: Girls will learn how to build their own unique raft using recycled materials. They will find out it is difficult to perfect a raft, but it is fun and is entertaining to do with your peers.

Goals: Teambuilding, problem solving, creative thinking, and craftsmanship

Estimated length of time: 120 minutes

Discussion Guide:

- What was your strategy to build this raft?
- How does raft building tie in with planning your work to resolve conflicts?
- How do you think this would be different if you had to work (together or separate)?
- Do you feel you can overcome any fear you have, even if it doesn't relate to wilderness?
- If you were ever in the woods alone or with someone, can you find a way to live for one day?
- Can you now make your own decisions and be a more independent person?

ACTIVITY 2 – Day 2: 11:00 am – 12 noon

Leadership Circle: Girls would get a chance to wind down with the rest of their group and would get to discuss their two days at the camp. They can discuss how they may have changed or what they may have learned or understood better. Girls would do some games that will require individuality and other games that may require teamwork.

Goals: Share thoughts and feelings about what girls have done, rewind and discuss any highlights or lowlights, overview how the things you learned may help you in the real world.

Estimated length of time: 60 minutes

Discussion Guide:

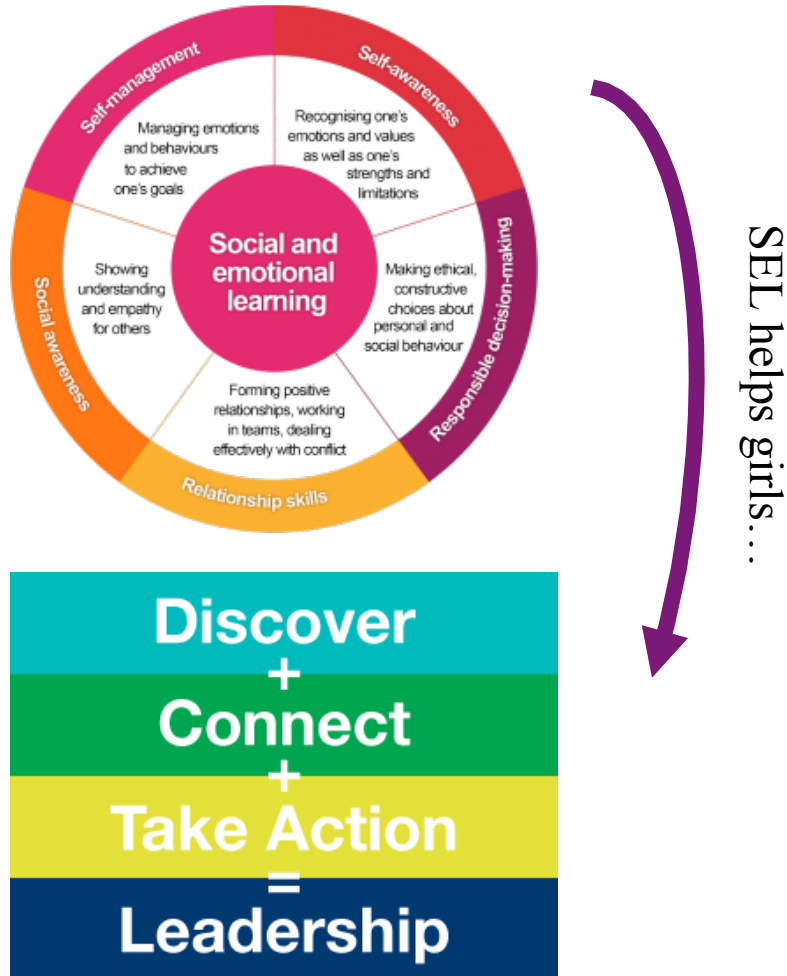
- Name one skill (ex. Teamwork) other than teamwork that you have learned from this program and explain how this skill helps you achieve leadership.
- What was your favorite activity in this program and why?
- How did this leadership circle help you?
- If you could have done anything different over the course of these two days, what would it be?

12 noon

Departure with Bagged Lunch!

Why did we pick Princeton Blairstown Center to be our partner?

Princeton Blairstown Center focuses on social and emotional learning.



A girl **Discovers** her special skills and talents, finds the confidence to set challenging goals for herself and strives to live by her values. This includes being proud of where she came from as well as where she's going.

A girl **Connects** with others, which means she learns how to team up, solve conflicts, and have healthy relationships. These skills help her in school right now and prepare her for any career she chooses in the future.

A girl **Takes Action** and makes the world a better place, learning a lot about her community and the world along the way.

Checking Your Program Design

What were the objectives of this program? **CONNECT!**

Objective 1: Girls will learn to **problem solve** with a team.

Objective 2: Girls will learn how to **communicate** to achieve team goals.

Objective 3: Girls will take responsibility and learn to **compromise** with others.

Objective 4: Girls will become better at **conflict resolution** in teams.

Why do you think your goals will be achieved?

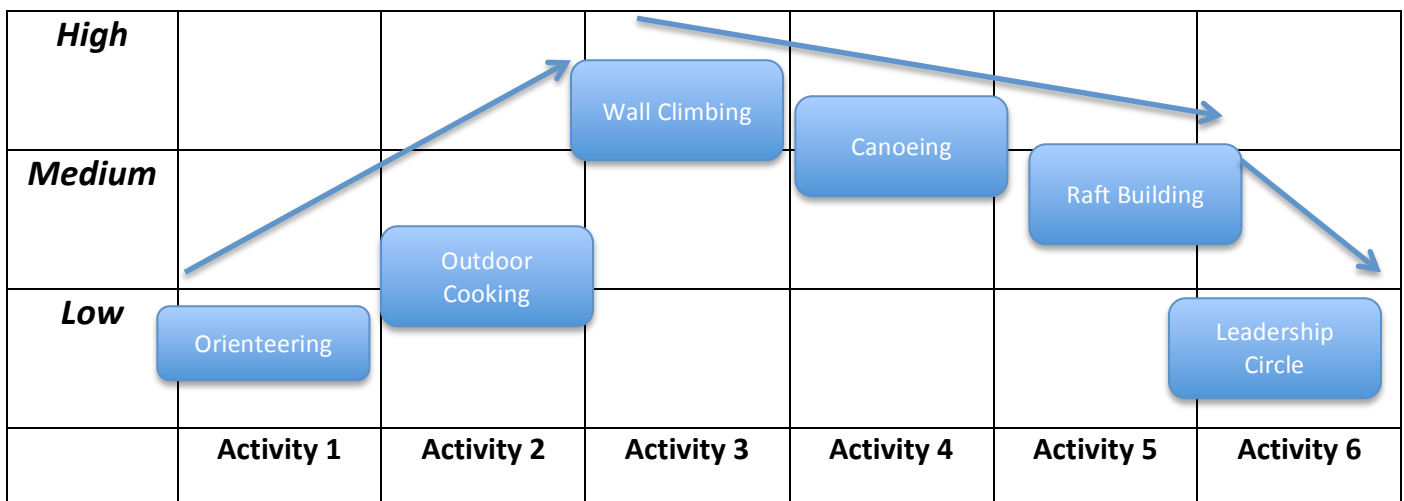
Our program will help a girl grow and bloom. The activities will encourage girls to step out of their comfort zone and stay motivated to explore new and challenging things. Some very important practical survival skills will be learned and those skills can be used in every day life.

Will your program make the participants reflect on what it means to **CONNECT**?

This program will make participants reflect on what it means to connect because it brings them closer to their environment, their peers, and themselves. This is what connect is supposed to do – bring you closer. Throughout this program, girls would be able to connect to almost everything around them including nature.

Sometimes programs like these can be powerful learning opportunities. The social and emotional aspects can be intense. Draw your program intensity curve here:

Intensity Curve



Why do you think participants will remember your program and their time at Princeton Blairstown?

I think participants will remember our program and their time at PBC because of the change it would've brought to them. This program was made with the intent of having girls think in a different way about themselves and their strengths. They will learn survival skills but more importantly, they will learn how to use those skills in a team. The change they experience may be big or small but this program would still bring on a feeling that things are brighter for them personally and this feeling will make them remember the program's lessons and remember PBC.

What suggestions do you have for the PBC facilitator?

Be flexible and let participants explore a bit even if this means they get off task. This program was made so that girls can grow in their own way. Being focused is important, but this program should also allow girls to have fun and allow them to take their own steps towards leadership. As they have fun, they learn so much more!

Have Fun!

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Girl Scout Leadership Framework

Discover + Connect + Take Action = Leadership

THE 15 OUTCOMES OF THE NEW GIRL SCOUT LEADERSHIP EXPERIENCE

DISCOVER

- 1 Girls develop a strong sense of self.
- 2 Girls develop positive values.
- 3 Girls gain practical life skills.
- 4 Girls seek challenges in the world.
- 5 Girls develop critical thinking.

CONNECT

- 1 Girls develop healthy relationships.
- 2 Girls promote cooperation and team building.
- 3 Girls can resolve conflicts.
- 4 Girls advance diversity in a multicultural world.
- 5 Girls feel connected to their communities, locally and globally.

TAKE ACTION

- 1 Girls can identify community needs.
- 2 Girls are resourceful problem solvers.
- 3 Girls advocate for themselves and others, locally and globally.
- 4 Girls educate and inspire others to act.
- 5 Girls feel empowered to make a difference in the world.

Girl Scouting offers one continuous program with six different age levels:

- **Daisy:** Kindergarten - grade 1
- **Brownie:** grades 2-3
- **Junior:** grades 4-5 (*9-10 years old*)
- **Cadette:** grades 6-8 (*11-13 years old*)
- **Senior:** grades 9-10
- **Ambassador:** grades 11-12