

Program Design for Princeton Blairstown Center
Presented June 2014
Connect to Courage



This program was designed by girls *for* girls!

TITLE OF PROGRAM: CONNECT to Courage
PBC Lesson Plan Graphic Organizer
ONE AND A HALF-DAY PROGRAM

Session Objectives:

- 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.

How Does This Session 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:

During the course of the program, healthy foods will be the best way to stay energized! Some recommended snacks are apples, grapes, carrots, and healthy granola.

Target Population:

Girls age 9 and older. 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 (unless cabins are winterized!)

Pre-requisites:

None

Program Description:

Connect to Courage: This girls' leadership program is called "Connect to Courage" because sometimes leaders have to step out in front to pave the way for the rest of their team. Occasionally, leaders also need to accept help and it takes courage to ask for help from their team. In both cases, certain skills are necessary. This program is designed to build the courage to do both. Connect to Courage uses several low and high ropes challenges to help teach teamwork, compromise, conflict resolution, respect and creative thinking. Whether girls are doing activities such as stamp boxing, disc golf or raft building they will need to work together to accomplish their tasks. This program is so much fun that girls won't even realize that they are learning critical leadership skills. By the end of the program, the girls will be transformed in a way that encourages them to step up and lead!

Program Activities:**Day 1**

- Team Building 101 (low ropes)
- Communication 101 (high ropes)
- Stamp Boxing (Geo caching)

Day 2

- Disc Golf
- Raft Building
- Closing Exercises

Materials:

1. Friendly Smile
2. Healthy snacks and water
3. A compass

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

Independence	Geocaching
	

Some tips for earning these badges:

Independence: Have the girls pack their own bags for the trip to PBC. This shows independence and if they forget something, they can't blame their mom. See if they packed appropriate clothing for the weather and the activities and if they remembered their toothbrush. Also, if they break a bad habit like NOT cleaning up after themselves while they are at PBC, this shows independence, too.

Geocaching: Stamp boxing is similar to Geocaching. The girls should learn how to use their observational skills, a compass, and clues to locate a stamp box around the PBC property.

Cadette

Common Ground	Trailblazing
	

Some tips for earning these badges:

Common Ground: Many of the low ropes activities as well as the raft building will help girls work through conflicts. This is good for finding common ground. To earn this badge, girls should:

1. Get to know someone different from you
2. Make decisions in a group
3. Engage in a healthy debate
4. Understand a compromise
5. Find common ground through mediation

When a girl has earned this badge, she will know strategies for bringing people together to find common ground.

Trailblazing: Ask the girls about planning their time in the woods including planning snacks. To earn this badge, girls should:

1. Start planning your adventure – it is the low ropes? Raft building? Stamp boxing?
2. Get your body and your teamwork skills ready
3. Plan the time for your meals
4. Gain some trailblazing know-how – use a compass to find out where you are going
5. Head out on the trail

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".

ACTIVITY 1

9:30 am – 11:00 am

Team Building 101: This course helps to teach leadership through the use of low ropes courses.

Goals: Problem solving, trust, communication and conflict resolution

Estimated length of time: 90 minutes

Low ropes activities - PICK ONLY 2

- ☐ Elephants Grave Yard: Problem Solving, Communication, Teamwork
- ☐ Log Jam: Problem Solving, Communication, Teamwork
- ☐ Towers of Brahma: Communication, Problem Solving, Teamwork, Planning
- ☐ The Wall: Trust, Teamwork, Problem Solving, Planning
- ☐ Three Islands: Teamwork, Planning, Problem Solving
- ☐ Triangle Tension Traverse: Goal Setting, Responsibility, Individual Challenge, Partner Work
- ☐ Trust Falls: Trust, Teamwork
- ☐ Wagon Wheel: Teamwork, Planning
- ☐ Whale Watch: Teamwork, Planning
- ☐ Wild Woozy: Trust, Problem Solving, Teamwork

Discussion Guide:

How did you effectively work as a team?

What types of communication did you use? What worked the best?

What did you learn about trust? Why is trust important for teams?

ACTIVITY 2 – Day 1

11:00 am – 12 noon

Communication 101: This course uses several high ropes to teach communication and problem solving. This introduces girls to communication and a full understanding and creates a visual Full Value Contract specifically on communication within the group. Then through a series of high-rope elements, girls will be required to effectively communicate with each other to successfully complete challenge after challenge. This course helps girls learn valuable communication skills of listening and respect. The Full-Value Contract is a tool used to set group goals and is unique to each group.

A sample of the goals in a Full Value Contract are:

- To communicate effectively and respectfully
- To learn to trust one another

- To learn how to influence without shouting or instilling fear
- To be physically and emotionally safe
- To fully participate to your potential (Challenge by Choice)
- To listen

Goal: problem solving, conflict resolution, communication, teamwork

Estimated length of time: 60 minutes

Low ropes activities - PICK ONLY 2

- ☐ Elephants Grave Yard: Problem Solving, Communication, Teamwork
- ☐ Log Jam: Problem Solving, Communication, Teamwork
- ☐ Towers of Brahma: Communication, Problem Solving, Teamwork, Planning
- ☐ The Wall: Trust, Teamwork, Problem Solving, Planning
- ☐ Three Islands: Teamwork, Planning, Problem Solving
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- ☐ Wagon Wheel: Teamwork, Planning
- ☐ Whale Watch: Teamwork, Planning
- ☐ Wild Woozy: Trust, Problem Solving, Teamwork

Discussion Guide:

What was the best way for you to communicate with each other?

How did you resolve conflicts?

How did high ropes impact your communication with others?

LUNCH and RESTORATION: 12 noon – 1:00 pm



AFTERNOON SESSION – Day 1 Full Program

ACTIVITY 3 – Day 1

1:00 pm – 3:00 pm

Stamp Boxing: Stamp boxing is like geocaching. It is a fun activity that combines navigation skills and rubber stamp artistry in a charming "treasure hunt" style outdoor quest. A wide variety of adventures can be found to suit all ages and experience levels. It is a recreational activity of hunting for and finding stamp boxes using your observational skills and a compass.

Goals: compromise, conflict resolution, communication

Estimated length of time: 120 minutes

Discussion Guide:

How did you compromise effectively?

What did you learn about using a compass?

When do you think is an appropriate time to use a map and compass to locate places or things?

BREAK: 3:00 pm – 3:30 pm



ACTIVITY 4 – Day 1

3:30 pm – 5:00 pm

Disc Golf: The girls will play some disc golf as a kind of cool down activity. The objective is to use 3 different kinds of discs to reach the basket and have the least amount of throws.

Goals: Good sportsmanship, fun, bonding, problem solving

Estimated length of time: 90 minutes

Discussion Guide:

Did you use any kind of strategy during the game?

What new thing did you learn about your teammates?

FREE TIME: 5:00 pm to 6:00 pm

DINNER and RESTORATION: 6:00 pm to 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: Work together to build a raft using cardboard and tape and make sure it floats.

Goals: Communicate effectively and work together as a team

Estimated length of time: 120 minutes

Discussion Guide:

How were you able to come to a conclusion on how to most effectively build your raft?

Was there someone who identified themselves as a leader and why?

Who stepped up to lead? Why did you listen to them?

What did this teach you about working as a team?

ACTIVITY 2 – Day 2

11:00 am – 12 noon

Closing Exercises:

- **Apples and Onions:** Share one positive and one negative of your trip to PBC
- **Circles debrief:** Get into two circles so that everyone has a partner. One of the circles is an inner circle and the other is the outer circle. Your partner is the person facing you, so that 1 person from the inner is facing a partner from the outer. Then the facilitator will ask reflection questions and each partner answers the question by sharing with their partner. Then the facilitator asks one of the circles to rotate left or right. Now each person has a new partner! Reflections are shared again and the rotation continues until everyone is tired!
- **Pair and Share:** You will ask questions with your partner then come back and share with the group.

Goals: Bring the program to a close. Reinforce the leadership objectives and bring the group closer together.

Estimated length of time: 60 minutes

Discussion Guide:

Give one example of when the group problem solved in a good way.

How about a not-so-productive way?

Explain how your group was able to communicate effectively just by noticing body language (facial expressions, etc.)

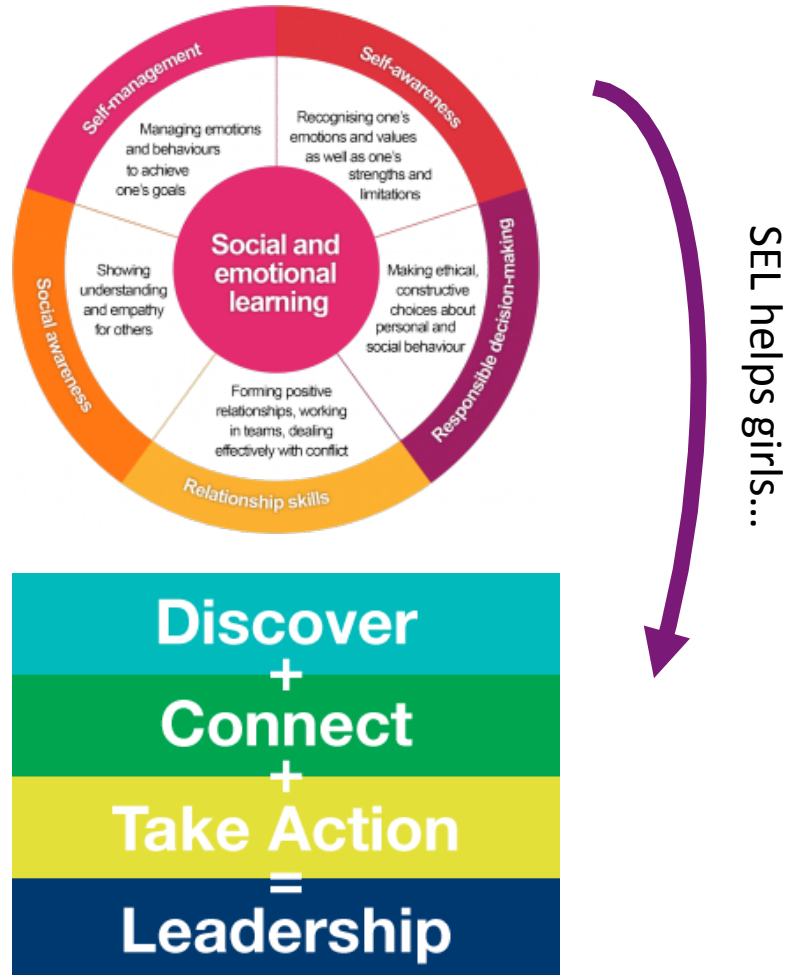
In the raft building challenge was what one great compromise that the group had to make? What did that teach you about compromise? Was everyone happy?

12 noon

Departure with Bagged Lunch!

Why did we pick Princeton Blairstown Center to partner with?

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?

The challenges in the team building and communication activities will require girls to solve problems by listening and compromising. Even when the girls are doing something totally fun like disc golf, they will be using all of the leadership skills and they won't even realize that they are.

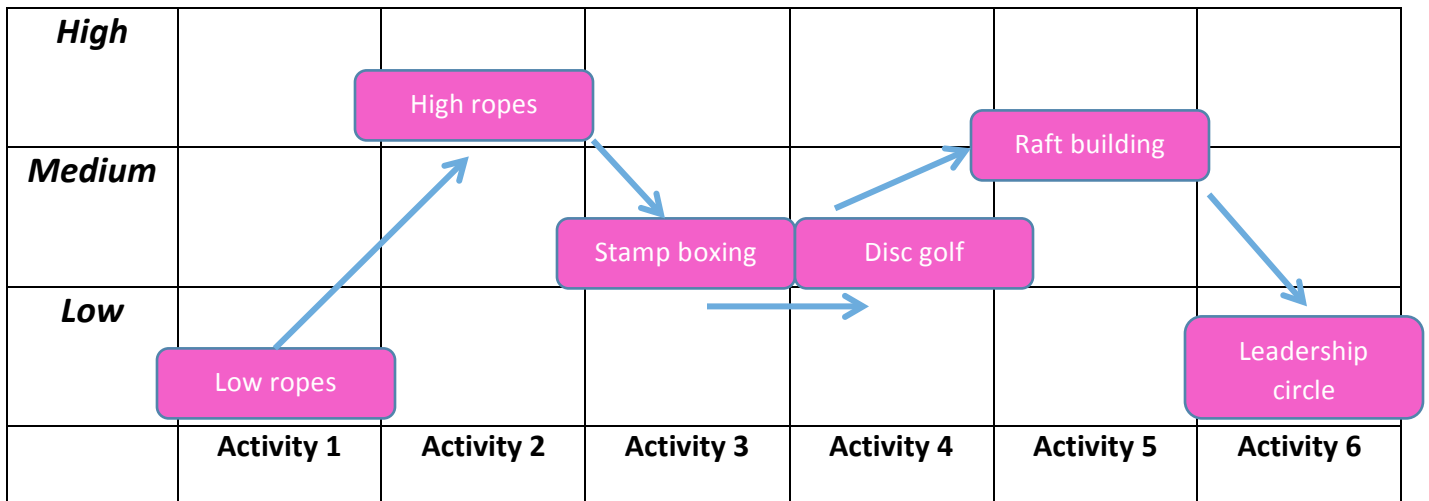
Will your program make the participants reflect on what it means to **CONNECT?**

When you connect with others, you work well with them. You get good ideas from them and learn to put aside your own likes and dislikes sometimes to come up with something that works for everyone. Connecting is not always easy because people tend to want their way most of the time. This program will let girls see that it takes work to connect but it's worth it.

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 they will remember their friendship and their laughs. We laughed so hard when we were building this program. Sometimes things didn't work out as planned. Even I surprised myself by doing things like the dam rappel and I almost made it to the top of the cat walk. My friends helped me feel comfortable and they cheered me on. They didn't judge me when I decided not to finish the cat walk.

What suggestions do you have for the PBC facilitator?

Each group will be different and some of them will be good friends already and some of them will hardly know each other. Make sure you notice this in the beginning and it's ok to change the program a little to do what works for each team.

Have Fun!

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