

Program Design for Princeton Blairstown Center
Presented June 2014
DARE TO DISCOVER YOURSELF



This leadership program was designed by girls *for* girls!

TITLE OF PROGRAM: Dare to Discover Yourself
Princeton-Blairstown Center Lesson Plan Graphic Organizer
ONE AND A HALF-DAY PROGRAM

Session Objectives:

Objective 1: Girls will learn to **be confident**.

Objective 2: Girls will learn how to **overcome fears and think clearly under pressure**.

Objective 3: Girls will learn how to **stand up** for themselves.

Objective 4: Girls will take **responsibility** for their actions

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 **DISCOVER**. Of the 5 outcomes for **DISCOVER** all of the ones below are expected outcomes for this program:

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.



Target Population: Girls age 13+. 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.

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Best Time of Year: April to November (unless the cabins are winterized)

Prerequisites: None

Program Description:

Dare to Discover Yourself is an intermediate-level leadership program for girls designed to help them develop confidence, overcome fears and discover the leader in themselves in an outdoor setting. It involves some challenging activities such as a dam rappel, a zip line, and a variety of high ropes courses. There are some low ropes challenges that will be completed during the program in order to prepare girls for the more advanced activities. If Girl Scouts take this program, the leader is encouraged to identify ways to earn badges for this leadership work.

Overview of Program Activities:

Day 1

- Low ropes
- High ropes
- Dam rappel

Day 2

- Zip Lining
- Leadership Circle

Materials:

- Comfortable clothing/ active wear
- Sneakers
- Healthy snacks and water

Other:

This program is open to all girls but for those who are Girl Scouts, there are opportunities to earn badges. See our idea below.

Girl Scout Award That May Be Earned:

Cadette



Design your own Badge! I could not find a current Girl Scout badge that fits my program so I designed one! To earn this badge, leaders should figure out what the exact activities should be but here are goals to strive for:

- Try something new.
- Help someone who is struggling emotionally and physically.
- Conquer a fear yourself.
- Break a bad habit.
- Become more confident.
- Be responsible.

At least 4 of these things must be done in order for the girl to receive this badge.

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

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

Low Ropes: The PBC Low Ropes Course consists of numerous fixed and mobile elements constructed with cables, ropes, and other items. Some elements are strung between trees and allow participants to be 12-18 inches off the ground. These elements present tests of physical strengths, stamina, agility, balance, and flexibility; they invite participants to confront fears, manage risks, build communication skills, and enhance group cooperation.

Goals: Gain confidence, think clearly under pressure, take responsibility, seek challenges, think critically

Estimated length of time: 90 minutes

Low ropes activities - PICK ONLY 2

- Swinging Log: Problem Solving, Communication, Teamwork, Facing Fears
- Elephants Graveyard: 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
- Blindfolded Partner Trust Walk from Whale Watch to Swinging Log: Teamwork, Risk-Taking, Communication

Discussion Guide:

- What kind of communications (verbal, body language, etc.) helped you complete the low ropes activities?
- How did you gain confidence during this activity?
- What were some initial thoughts you had about this activity and how did they change as you went through it?

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- Did you take any risks? Physical risks? Emotional risks? What risks were difficult to take? Easy?

ACTIVITY 2 – Day 1

11:00 am – 12 noon

Low Ropes: The PBC Low Ropes Course consists of numerous fixed and mobile elements constructed with cables, ropes, and other items. Some elements are strung between trees and allow participants to be 12-18 inches off the ground. These elements present tests of physical strengths, stamina, agility, balance, and flexibility, and invite participants to confront fears, manage risks, build communication skills, and enhance group cooperation. Building off of the group's accomplishments and difficulties in the morning, this session will focus on higher-level communication, leadership, and teambuilding challenges.

Goals: Teamwork, self-confidence, communication, seek challenges, take responsibility, think critically

Estimated length of time: 60 minutes

Low ropes activities - PICK ONLY 1 or 2

- Elephants Graveyard: 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 was teamwork demonstrated in this activity?
- What was the hardest activity for you personally and why?
- What was your favorite activity out of all low ropes and why?

LUNCH and RESTORATION: 12 noon – 1:00 pm



AFTERNOON SESSION – Day 1

ACTIVITY 3 – Day 1

1:00 pm – 3:00 pm

High Ropes: PBC has five high ropes courses on property: Oaks Ropes, Lake Ropes, the Climbing Wall, the Dam Rappel, and the Super Zip line. These elements range from 20-40 feet in the air, and are designed to present participants with physical and mental challenges as they climb, traverse, and rappel on elements built for 1 or 2 individuals at a time.

Goals: Building self-confidence, teamwork, communication, taking responsibility, remaining focused

Estimated length of time: 120 minutes

- Pirates crossing: Informed risk-taking, setting goals, thinking clearly, confidence, seeking challenges
- Target Jump: Communication, seeking challenges, confidence
- Flying squirrel: Communication, seeking challenges

Discussion Guide:

- What was the hardest part about each activity for you and why? The easiest and why?
- How do you think these activities are building up leadership skills?
- How did your team help you during these activities? (encouragement, physically, etc.)

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BREAK: 3:00 pm – 3:30 pm

ACTIVITY 4 – Day 1

3:30 pm – 5:00 pm

Dam Rappel: At PBC, participants are able to rappel down the Bass Lake Dam. With the encouragement of their group and PBC facilitator, participants are able to stay focused support each other while rappelling 30 feet down the side of the dam. The Dam Rappel is a great way for participants to safely step outside of their everyday comfort zone and feel empowered at completing a thrilling high ropes challenge. It is their decision whether or not to do it--hence the term “Challenge by Choice”! If they don’t feel ready to do it, they don’t have to.

Goals: Teamwork, self-confidence, courage, pushing yourself, overcoming fear

Estimated length of time: 90 minutes

Discussion Guide:

- What are some good things about you controlling your own descent? Some bad things?
- What was the hardest part about doing this activity and why?
- From this activity, what can you take back to everyday life?
- How was the Dam Rappel taking a risk for you? Physical, emotional, mental?
- Was your decision to take this risk influenced by the people around you? Was their input helpful? Explain.
- How could your experience with the Dam Rappel affect future decisions that you will make?
- Why was Challenge by Choice and important part of this activity? How did it apply to you, specifically?

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

Zip Lining: The PBC Super Zip is a fun way to challenge personal boundaries, experience a thrill, and view the forest from a new perspective. Zoom through the trees at a height of 30 feet in the air on the 700-foot “Yo-Yo” zip line, and experience a memorable challenge that will make you feel as free as a bird!

Goals: Planning, pacing yourself, self-confidence, overcoming fear, courage, taking responsibility for yourself

Estimated length of time: 120 minutes

Discussion Guide:

- How did you feel while you were in the air?
- How did you feel when you were done?
- What lessons from this experience can be taken back to everyday life?

ACTIVITY 2 – Day 2

11:00 am – 12 noon

Leadership Circle:

Pick which ever option the girls would like:

Body Part/Animal Debrief: With a collection of body part or animal throwables (available at PBC) you can use these items to talk about feelings and experiences that the group had. Ask your friends to relate an experience to one of the items in front of them or have them blindly grab one out of a bag and explain how it connects to a memory of theirs. (E.g. ears might represent a moment when participants started listening to each other’s ideas)

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Chiji Cards: Chiji is a Chinese word meaning important moment or significant opportunity. These cards (available at PBC) can be laid out and selected by the girls to represent a strength each person feels they have, something that represented a moment in the activity, or that trigger a significant memory that happened during the program.

Nature Object: Have group members find an object in nature that they can bring back to the group (as long as it doesn't disrupt nature – remember Leave No Trace) and share how it represents them or something they felt or experienced while at PBC.

Rose, Bud, Thorn: Have each girl share their rose, bud, and thorn: something they enjoyed about the experience (rose), and area that needed improvement (thorn), and something they hope to take away that they learned (bud).

Web of Compliments: Starting out with a ball of yarn, one person thinks of something positive another person in the group did and gives them a compliment for that achievement. Then they pass the yarn to that person and hold onto the end piece. That person then does the same for someone else, also holding onto their part of the yarn. This continues until you run out of yarn or there is a lull in the group. Talk about what the web you've created represents to your group.

Goals: The goal for the last activity should be for girls to have learned a few skills about self-leadership and for them to have had fun!

Estimated length of time: 60 minutes

Discussion Guide:

- What was your favorite activity out of everything and why?
- What was the "highest" part of your experience and what was the "lowest"?
- What skills will you take home with you?
- What do you feel was the most important thing you learned?

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.



SEL helps girls...



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 will 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?

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.

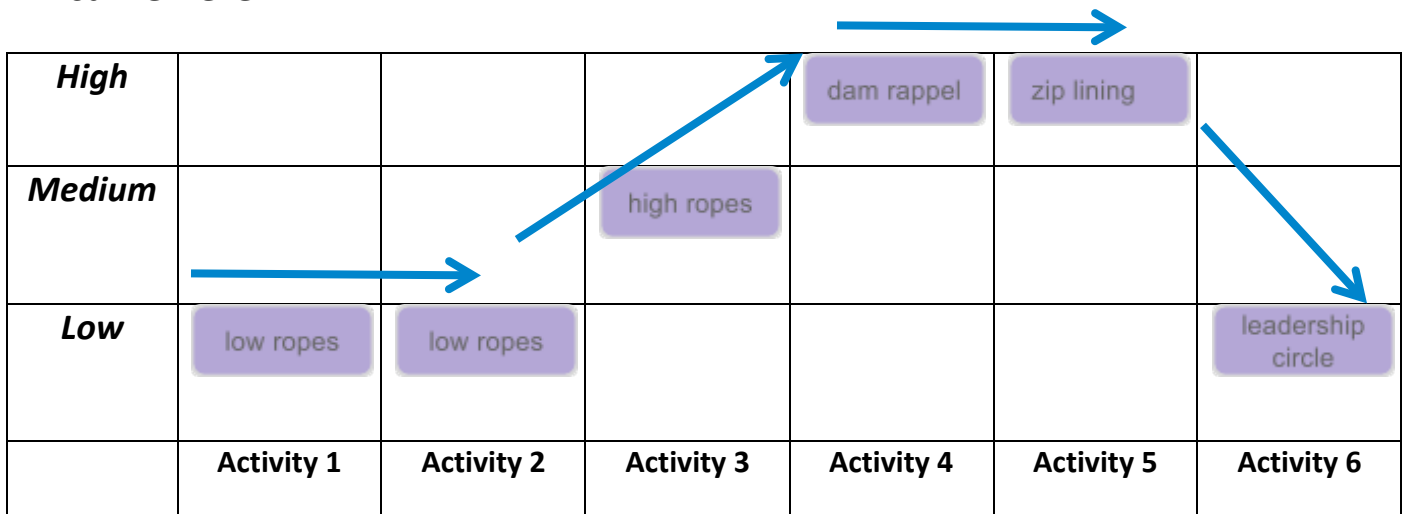
How do you think your goals will be achieved?

The variety of activities we chose have different goals, though some overlap, but they all come together to teach great leadership skills especially the ones you need to understand yourself – to lead yourself.

Will your program make the participants reflect on what it means to DISCOVER? How so?

Yes. The participants work on the goals that are associated with finding out what is inside of them. They DISCOVER themselves throughout the program.

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



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

Girls will have the chance to try a lot of activities that they can't do in everyday life and PBC is a really unique place with a lot of cool things to do. I hope that they can connect some of the personal learnings to what happens in real life to help them make decisions, grow and learn.

What suggestions do you have for the PBC facilitator?

Connect with the girls personally to make sure they are more comfortable and make sure they enjoy themselves.

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