

Cadette - Babysitter



Learn about child development, how to care for younger kids, and be a responsible babysitter

1. Learn what a function and argument in an algorithm are.
2. Learn that memes combine things like algorithms do.
3. Write pseudocode program to create a meme.
4. Change the pseudocode meme for a programming language.
5. Create a meme and share it.

Cadette - First Aid



Learn how to use first aid kit items, help choking victims, treat musculoskeletal injuries, and learn the signs and how to treat heat stroke, frostbite, hypothermia, hyperthermia, and different types of seizures.

1. Learn how to use different pieces of a first aid kit from a trusted source (nurse/doctor, EMT, OR First Aid/CPR/AED course).
2. Learn the conscious choking response and how to handle choking emergencies from a trusted source (nurse/doctor/EMT OR First Aid/CPR/AED course) OR Create a chart showing 10 dangerous items that need to be kept from babies and young toddlers.
3. Learn how to treat musculoskeletal injuries (broken bone, pulled muscle, dislocated joint, AND sprain) in the outdoors from a trusted source (certified wilderness first-aider, park ranger, park staff, OR search-and-rescue) OR research an outdoor activity online to learn what injuries are common, how to prevent them, AND what to do if they happen AND present the information to your troop.
4. Learn signs and symptoms of different types of seizures AND how to help someone having them from a trusted source (nurse/doctor, EMT, OR online).
5. Learn the signs of heat stroke, frostbite, hypothermia, and hyperthermia AND how to treat them from a trusted source (nurse/doctor, park ranger, lifeguard, ski patrol, OR First Aid/CPR/AED course).

Cadette - Safety Pin



Learn child safety & water safety, perform a water reach assist, teach a younger scout about being lost & stranger danger, gather 3 days of emergency supplies, make a family emergency contact plan, AND make a personal responsibility pledge after learning about bullying.

1. Learn safety rules for a room a child will be in.
2. Learn water safety AND perform a reach assist from a dock or pool side.
3. Teach a younger scout what to do if lost AND about stranger danger.
4. Gather what is needed for a 3 day supply in your family (food, water, medication, and pets) AND make a family emergency contact plan.
5. Learn about bullying AND make a personal responsibility pledge.

Cadette - New Cuisines



Make 3 dishes from a different culture, region, history, and 1 dish that makes a statement.

1. Make food from another country (recipe for a dish OR use an ingredient from the international section of the grocery store).
2. Make a dish from another region of the U.S.A (Southern barbecue, New England clam chowder, Tex-Mex tacos, Native American fry bread, Toll House cookie from Boston, OR Cobb salad from Hollywood), make something with an ingredient from another region of the U.S.A (shrimp fishing in Louisiana, apples in Washington state, OR oranges in Florida), OR make a well known recipe from your own hometown (research local history, generational recipe, OR local phenomenon).
3. Make a dish from another time period (historical recipe, generational recipe, inspired by a historical time period, OR recipe mentioned in a historical book or movie).
4. Make a dish that sends a statement (health, convenience, the environment, OR religion) by what you chose to make (vegan, allergen substitute, homemade version of commercial good, kosher, gluten-free, raw food, OR other special diet).
5. Share your dishes (dinner party, family dinner, troop meal) OR record your cooking and make a cooking show video.

Cadette - Public Speaker



Practice speaking confidently in front of others and perform a speech.

1. Start practicing by yourself by reading something aloud (one monologue from three different plays, two political speeches, 3 poems, OR one short story).
2. Try an activity that focuses on body language (play charades, OR videotape yourself miming an animal, pretending to be someone famous, OR performing an action AND watch it to see if your actions were convincing) OR do a group experiment with one simple object (wooden spoon, cardboard box, OR cup) and pretend it is something else before passing it to the next person who must pretend it's something no one else has thought of before it reached them.
3. Practice using different inflections and tones to convey emotion (read one sentence and one passage four times, tell a short story in a simply way, a dramatic way, AND a comedic way, OR act out impressions of three famous people).
4. Write 500 words you could perform (a speech, a character monologue) OR find a published piece you can legally perform and practice it.
5. Perform your piece (for your troop or family, at school, OR another public audience).

Cadette - Screenwriter



Write a 12 page script for a short film or play.

1. Pick the genre you want to write in and research examples (watch one movie OR three shows AND take notes or discuss the script with friends, OR read two scripts).
2. Pick an idea for your screenplay (from your own life, a story you are familiar with, OR do a 24 card draw for a random plot to spark an idea).
3. Write a one-page description of each character adding details (people watch to find details, exaggerate details of people you know, OR take three aspects of people you know and mix-and-match them for a new character).
4. Fill out the GSUSA plot worksheet using details from your choice of source (imagination, news or magazine articles, OR plot twists from other stories).
5. Write a 12-page script (solo, with a friend, OR with a mentor's feedback).