

## Cadette - Animal Helpers



Learn how animals help people and explore careers that work with animals.

## Cadette - App Development



Design a tracking app that visually shows data.

## Cadette - Archery



Practice aiming and shooting arrows safely.

1. Research animals (how three domestic animals changed after human interaction, watch a human-animal documentary, OR make fact cards for animals noted for changing history)  
2. Visit with an animal helper (emergency service animal, police K-9, airport security, search-and-rescue team, home security training organization) OR learn about animal skills/abilities and brainstorm ways humans could teach those animals to use them to help.  
3. Visit an organization that trains animals to help emotionally (autism, anxiety, PTSD, dementia, Alzheimer's, long term hospital patients, OR pets make in their lives, OR create a fact sheet about research for health.  
4. Visit OR research an organization or person with assistant animals for disabilities (visual, hearing, epilepsy, paralysis, OR diabetic) to learn how they were trained and how they help, OR find out the ethics of training by researching if monkeys can be trained in the U.S. AND write/draw your view on both sides of the issue.  
5. Help animals (advocate with an animal rights group, welfare organization, contact elected officials about important issues, local wildlife conservation) OR collect data for an animal centered Citizen Scientist project (like SciStarter).

1. Learn about different ways to visually show data (charts, diagrams, infographics).  
2. Write an array listing something (ie, the shoes you own (var myshoes = ["1", "2", "..."])).  
3. Think of a habit that you can measure progress in some way and create an app idea that would collect that data.  
4. Learn how to take two types of data and visualize it so patterns can be found.  
5. Think of a way to make a health or habit-tracking app easy and fun.

1. Learn about parts and types of bows and arrows, gear to wear, AND equipment maintenance and care from an expert (outdoor outfitter, older experienced scout, instructor, OR archery range staff).  
2. Learn the range rules and safety rules all archery participants follow from an expert (archery range staff, instructor, OR workshop).  
3. Practice form, judge distance, shoot accurately, AND scoring rules with an instructor or class OR practice targetless shooting outdoors yourself.  
4. Go shoot on a range (class at a community or rec center, range instructor, OR scout camp).  
5. Try one new way to shoot besides standard shooting (move targets farther back, make a balloon target, design a new target, make a group challenge, OR design a game for beginner archers).

## Cadette - Babysitter



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

## Cadette - Book Artist



Create and decorate your own handmade books.

## Cadette - Budget Manager



(Year 1 – New Financial Literacy) – Track spending and income, compare prices, and make a budget.

1. Choose 3 of the 5 age groups (newborn, infant, toddler, preschooler, OR AND research, interview a professional, OR watch videos AND write a summary).  
2. Attend a babysitting training course OR interview 5 moms or professionals who watch children.  
3. Learn about playtime and safety by interviewing a professional toy or game maker, OR for two hours observe kids interacting with toys AND take notes.  
4. Review Blackboard Frog THEN do an activity (market yourself to potential employers, create a questionnaire for friends and family, OR have an interview with a potential employer).  
5. Babysit AND do one activity (have a game, story, snack, OR craft prepared).

1. Figure out the binding and printing methods used on five different sizes/styles of books by your own research OR visiting an expert (librarian, antique bookseller, college professors, book artist, art museum, OR book arts center).  
2. Take an old discarded book apart AND name parts of binding and interior and learn how it was made OR learn how to mend/repair an old book from an expert (librarian OR antique bookseller).  
3. Try one of the three book folding techniques (fold & glue, fold & stitch, OR glue & stitch).  
4. Make a book with a purpose (organizational planner/calendar, scrapbook/memory book, personal journal, OR gift book for someone).  
5. Make a unique book (made from unusual materials like bags/recycled paper, a new book binding technique, alter a book, junk journal, pop-up book, old-fashion scroll, art portfolio, cloth baby book, OR accordion book).

1. Pick four Core Values that describe yourself or your troop AND rank them in order of importance, OR talk to three adults about their money spending decisions and compare those answers to the Core Values.  
2. Track your spending and income for yourself or your troop using a spreadsheet, app, or online budgeting tool OR talk to an accountant or financial advisor and get three tips on how to identify spending patterns and track your progress.  
3. Brainstorm a way to earn money as a troop AND plan to execute one way OR talk to a local business owner or business professional about how they got started, challenges they overcame, and how you can earn income on your own.  
4. Compare prices (different stores/vendors, coupon/discounts/sales, second hand items, OR price matching offers) for an item your troop needs for an activity/good or a personal item you want to find the best deal, OR write a practice review about an item you use AFTER you read five customer reviews AND three professional (magazine, consumer blog/web site) reviews about one item.  
5. Think of a way for your troop to help others AND create a budget for that goal, OR volunteer somewhere and talk to someone who knows how fundraising works, how decisions are made about using money, and how volunteers or donations might help.

### Cadette - Business Creator



Think of a business idea, make a prototype, learn how to pitch the idea, AND make a business plan.

### Cadette - Coding Basics



Learn about functions and arguments in computer programs, how to pseudocode making a meme, and how to change it to coding language.

### Cadette - Comic Artist



Draw and write your own 4 panel comic.

1. Come up with an idea that helps solve an issue by researching issues that interest you, finding a product/service/tech solution that can help a community issue. OR talking to an experienced person at an organization that makes a difference.
2. Get feedback for your idea from a panel of at least 5 people, a survey of at least 10 people. OR use SWOT to analyze feedback from five people.
3. Make one change to your idea based on research from competitors, someone who is related to the issue your idea helps. OR advice from a business professional.
4. Create a business plan for your idea with the help of a mentor OR write it yourself and get feedback from an expert or possible investor.
5. Create a pitch for someone to invest in your idea and pitch it to friends/family, a possible investor, OR a non-profit organization/advocacy group that could use your idea.

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.

1. View comics in one activity (Collect comic strips from 7 different publications and compare, make a sticky note comic of at least three panels, visit with a comic artist, OR read about three artists in books/magazine/online articles).
2. Think of a topic that can be shown in pictures (something that happened to you or someone you know, a story from a movie or book, OR something make believe).
3. Practice drawing or tracing characters 10-12 times. OR use a how-to instruction to draw a human or animal.
4. Create a four panel comic about your topic from Requirement 2 and use different facial expressions and/or body postures.
5. Include dialogue, thought bubbles, OR captions in your four panel comic.

### Cadette - Cookie Innovator



(Year 3 – Cookie Business) – Practice cookie sales, set a cookie-selling goal, make a sales plan, learn Business Ethics, and how to find customers.

### Cadette - Cookie Market Researcher



(Year 2 – Cookie Business) – Practice cookie sales, set a cookie-selling goal, make a marketing plan, and learn social responsibility.

### Cadette - Cybersecurity Basics



Learn about encryption keys, how information travels, and how to stay safe online.

1. Know your cookie flavors, facts, sale dates, etc. (Journal, discussion, research).
2. Set a troop sales goal and a personal sales goal.
3. Make a sales plan to obtain the troop sales goal (brainstorm, talk to sales person, use SWOT).
4. Learn about Business Ethics and how it applies to cookie sales (discuss, research, explore local business).
5. Think of potential customers (brainstorm, talk to business person) and ways to reach them (brainstorm, use other customers).

1. Research one aspect of cookies (digital marketing, cookie taste testing, market research).
2. Make a troop sales goal and know what to spend your cookie money on (display) to spread awareness of what your troop will do with cookie money.
3. Learn what social responsibility is and create a message (poster, video, market research).
4. Make a general marketing plan that follows the "four principles—the 4Ps of marketing" (brainstorm, research other brands, talk to marketing expert).
5. Detail the marketing plan and schedule it out (research other brands, talk to marketing expert, create video).

1. Create a code with an encryption key and solve one that requires an encryption key.
2. Find out what it takes to make a secure password.
3. Learn what two-factor authentication is and how it works.
4. Learn what a Man-in-the-Middle attack is and how to protect information while it's traveling.
5. Learn 3 ways social engineering can be used as a cyberattack and how to protect against it.

Cadette - Cybersecurity Investigator



Learn about log files and how to protect computers and information from online dangers.

Cadette - Cybersecurity Safeguards



Create a visual digital footprint, and learn how to keep your online information safe.

Cadette - Democracy for Cadettes



Discover how local, state, and federal government works and explore the three branches of government.

- 1. Decide what a stranger might learn about you if they look at your text message history.
- 2. Learn how to identify a phishing email.
- 3. Find out 3 ways you can stay safe from hackers while using social media.
- 4. Learn what a log file is.
- 5. Learn 3 ways hackers try to get personal information.

- 1. Learn what personally identifiable information (PII) is and how to keep it safe.
- 2. Create a visual digital footprint to realize how much your online profile tells about yourself.
- 3. Learn what metadata is and how to protect yours.
- 4. Learn how to read a user agreement.
- 5. Look at the websites and apps you use and how safe they might be.

- 1. Learn about local government (visit town/city hall, mayor's office, talk to local government official, OR attend a city/town hall meeting).
- 2. Learn how your state government is structured AND how it compares to a nearby state, find out about your most recent election AND brainstorm how to encourage voting, OR tour your state capitol.
- 3. Write a letter to your state representative about an issue you care about, learn how an American territory is represented in Congress (House of Representatives and Senate), OR learn how many women are currently serving.
- 4. Find out who the current presidential cabinet members are AND their roles, research vice presidents in history, OR create a presidential facts quiz.
- 5. Talk to lawyer or judge, learn everything you can about one Supreme Court case in history, OR attend a session in court.

Cadette - Designing Robots



Design a robot that can help a physical problem humans have and make a model of the robot.

Cadette - Digital Game Design



Design an avatar, write a simple array to create an image, and design a game scenario with what game mechanics it needs.

Cadette - Digital Leadership



Make an infographic and choose a community to celebrate and help build/improve/influence it.

- 1. Choose a physical problem humans have that a robot could be used to help solve.
- 2. Brainstorm ways the robot might help humans with the problem you picked.
- 3. Design a prototype of the robot with details on a working part.
- 4. Make a prototype (model or working) of your design.
- 5. Share the prototype and get feedback.

- 1. Design an avatar that represents yourself.
- 2. Learn how arrays are written to create an image on a grid.
- 3. Write a simple array to create an image on a grid.
- 4. Think of a game scenario for a game you want to design.
- 5. Play through your game scenario to see what game mechanics you need.

- 1. Compare how others do and don't use technology, make an infographic showing how you use technology AND analyze your data to make a change for good on your technology use, OR create artwork to show how you want to help a community you are already a part of.
- 2. Research a topic that will soon be debated online AND watch the debate using the knowledge you researched before to decide which side you agree with, OR pick an online article about an issue you care about and make three clickbait headlines (one positive, one negative, and one neutral) about it OR write down facts from the article and write a short retelling about the article from three points of view (someone impacted, someone helping, and someone making it worse).
- 3. Choose a community you are already a part of and make a vision board of their values and what you hope for the future OR hold an award ceremony and award members of your community for their strengths and skills that help the community OR plan a digital community of your own with details of who would be in it, what apps and platforms you would use, and what rules and what to do if someone breaks the rules.
- 4. Find community members willing to participate and hold a "Town Hall" in the community about an important topic, create a petition and get signatures enough to submit to authorities in charge of the topic of your petition, OR make digital content (video, meme, or poster) to get people thinking about an important topic or attend an event.
- 5. Take what you did in requirement four and report to your troop OR analyze measurable data about how far of an impact your actions in requirement four went AND decide one thing you would do differently if you tried it again.

## Cadette - Digital Movie Maker



Plan, film, and edit your own short movie.

## Cadette - Eating For You



Learn how to make healthy food choices that fit your lifestyle.

## Cadette - Eco Trekker



Learn Leave No Trace principles, practice an eco-friendly skill, plan and take an eco-hike to explore an issue, and use the eco-hike to make a difference

1. Do one activity to know the USDA's MyPlate food guidance system (Eat by color for two weeks, log your food for one week, OR write a week's worth of meals).  
2. Learn how food and water affect your skin condition AND do one activity (track your water intake for one week, make a list of 10 antioxidant-rich foods and add 4 into your diet, OR do a scavenger hunt for food that has selenium, essential fatty acids, healthy oils, and/or vitamin A AND add salt in your diet, find a list of ingredients that mean sugar without saying the word sugar AND find several items that have them, OR learn about what food additives/chemicals add to anxiety and stress AND make a plan to substitute the ones you eat).  
3. Learn about the cortisol cycle and how caffeine and sugar affect it AND do one activity about food (substitute three foods high in sugar, fat, or fat in your diet, find a list of ingredients that mean sugar without saying the word sugar AND find several items that have them, OR learn about what food additives/chemicals add to anxiety and stress AND make a plan to substitute the ones you eat).  
4. Learn how what and when you eat can affect your sleep cycle AND do one activity (make an art piece to show foods that help you sleep and those that keep you awake, track the time you eat between dinner and bed for two weeks while keeping the same sleep time, OR learn about REM and avoid drinking three hours before bed for four nights).  
5. Learn the effects blood sugar has and how eating and exercise affect it AND do one activity (poll friends/family at least 5 questions, try a healthy snack for a week to see if they help energy, OR make a chart or blog of 5 different fruits and how the fiber and vitamins help energy).

1. Learn about Leave No Trace principles (Interview an expert, talk to local conservation group, OR take the 30-60 minute online course).  
2. Make a plan for an eco-hike with a purpose (address a land/air/water issue, explore water quality, OR explore on invasive species).  
3. Practice an eco-friendly skill (identify durable surfaces, purify water, OR build a minimum-impact mound fire).  
4. Take your eco-hike and explore an issue while on it (wildlife, water, OR native species).  
5. Use your eco-hike to make a difference (make a documentary, make an art project to inspire others, OR create an awareness campaign about your issue).

## Cadette - Field Day



Organize and play a series of fun outdoor games.

## Cadette - Finding Common Ground



Practice listening and working together with different people, learn about formal debates, and watch and discuss a formal debate.

## 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. Create uniforms (color coordinate, make a shirt) or costumes (superheroes, cowgirls, etc.) to wear during the games.  
2. Have a game that is historical, or inspired by history (chariot races, archery, OR test of strength).  
3. Have a game that is science-based (construction OR flying).  
4. Have a game inspired by fiction (book, video game, OR board game).  
5. Create a five-step challenge pentathlon for the final game (puzzle, relay, OR wheel-based events).

1. Speak to someone different from you (background, belief) to learn about their different opinion/interests and share two things you like about the other's opinion/interest.  
2. Learn three methods of deciding (Majority rules, consensus/compromise, AND pick at random) and use at least one of them.  
3. Learn how a formal debate is done, watch one, AND discuss it as a group after.  
4. Learn about a compromise (in the community, friends/family, OR state/national government) that occurred in the past AND find out what happened after it was made.  
5. Learn what kinds of mediation there are (formal mediation meetings, contracts, or treaties) AND try one form (mock mediation, real-life example from a professional, OR develop a one-page "treaty" for the troop).

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 correct, consistent 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-aid, 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 - Girl Scout Way



Learn about Girl Scout traditions and songs.

### Cadette - Global Action Award



Learn about a topic GSUSA picks each year to help achieve one of the 17 sustainable development goals.

### Cadette - Good Sportsmanship



Play games and learn how to be a fair and supportive teammate.

local history of Girl Scouts).

1. Lead other scouts in a song (at a songfest, teach an international song.
2. Celebrate Girl Scout Week (The week of March 12 is Girl Scout Week) in one way (take an action to show courage, research an issue and advocate for it, OR do a project to honor the character of Girl Scouts).
3. Use the Girl Scout Law to grow closer with other scouts (throw a community celebration, spotlight a local heroine, or team up with other women/scouts to tackle an issue).
4. Make camp or an outdoor space better (clean up a trail, help clear an invasive species, OR help with three general maintenance tasks).
5. Learn about a Girl Scout Tradition (make a list of 5 traditions, learn how to say the Promise and Law in another language, OR learn about the

1. Find out what the 17 Global Goals are (research each goal, track the progress for each goal) OR focus on goal 12 AND make a plan to learn about Earth Overshoot Day).
2. Explore consumption (conduct a waste audit, research ocean waste, or group, OR educate others).
3. Practice responsible consumption (challenge yourself, challenge as a awareness (poster/flyer, talk to others, OR responsible use of social media).
4. Research one responsible production topic (Palm Oil, Right to Repair Act, OR Fast/Slow Fashion).
5. Make a community responsible production challenge and spread

1. Observe sports (watch an event, a series, OR read three news stories about sports behavior).
2. Research a good sportsman role model (gather a dozen or more inspirational quotes for a book, interview a professional, OR read a female athlete's biography AND write an essay, poem, or song about how it can improve sports, OR run through the psych-up exercises before a team game and write down the results).
3. Work on teamwork (play trust, do three teambuilding games, OR play capture the flag).
4. Experience how mind over matter works (Interview an athlete who competes in a subjectively scored sport, learn about mental training and how it can improve sports, OR run through the psych-up exercises before a team game and write down the results).
5. Use your definition and practice good sportsmanship (in a game, running a game for younger kids, OR volunteering as a referee/umpire/judge) AND review after if it made a difference.

### Cadette - My Cookie Venture



(Year 1 – Cookie Business) – Practice cookie sales, set a cookie-selling goal, make a sales plan, and create a mission statement.

### Cadette - My Dream Budget



(Year 3 – Financial Literacy) – Create a budget for your future goals with specific future job/career income, location cost of living, and daily life costs.

### Cadette - My Money Habits



(Year 2 – Financial Literacy) – Analyze spending habits, learn how to manage spending, ways beyond using cash to spend money, learn about online fraud, & do an activity around GSUSA's "Investments & Savings: Potential & Risks".

1. Learn the cookie flavors, costs, and facts.
2. Make a troop sales goal and budget for cookie money.
3. Learn what a mission statement is and make your own.
4. Make a sales plan and get feedback (create marketing video, research other brands, consult a business person).
5. Write the specifics of your plan and get feedback (risk management, compare other cookies, talk to a business person).

1. Pick a future job/career AND know the salary and monthly take home pay (Interview others, brainstorm as a group, OR research online).
2. For age 25, decide where you want to live AND know the cost of rental, cost of living, monthly utility bills, AND monthly internet/cable bill. (calculate between two options, get advice from a real estate expert, OR research).
3. Think of you life at age 25 (imagine, interview others, OR research three role models) AND find out what costs might come from what you want to do (travel/trips, grooming, AND/OR entertainment).
4. Decide what way AND how much per month you spend on giving back at age 25 (talk to philanthropists, research, OR make a plan).
5. Think of daily life (imagine, interview others, OR research three role models) AND find out what costs might come living at age 25 (food, clothing, toiletries, daily transportation, health insurance, car insurance, AND savings).

1. Learn ways beyond using cash to spend money (peer-to-peer apps, three different online retailer's checkout process, OR GSUSA credit card comparison worksheet between three credit cards).
2. Analyze spending habits (discreetly observe shoppers for one week AND write down observations, give GSUSA Spending Survey to 10 people AND analyze results, OR use GSUSA Analyze Your Spending form on three personal purchases AND compare).
3. Talk to a professional about managing spending OR make a spending plan AND track your spending for two weeks (make the plan before tracking, OR make it after looking at your spending).
4. Read GSUSA's "Investments and Savings: Potential and Risks" AND do one activity (take a class to learn about micro savings, research 17 Sustainable Development Goals set by the UN and research companies that fit your goals, OR talk to an expert about IRAs, mutual funds, and buying stock).
5. Learn about online fraud (talk to an expert OR research) AND create one skit based off three real stories of scammed people, OR an online thing using what you learned (notes from talking to an expert, a short shopping safety tip sheet).

### Cadette - Netiquette



Learn good and bad online communication and social media etiquette.

### Cadette - New Cuisines



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

### Cadette - Night Owl



Explore nighttime activities and learn about the world after dark.

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.

1. Go out at night to learn about the night (find three paintings of famous nighttime scenes, read three books or poems about the night, learn three facts about a nocturnal animal, OR five facts about stars, planets, and the night sky).
2. Observe how the world changes between day time and night time (take a walk during the day and again at night, use all five senses while out in nature at night, OR visit a place at night that is open 24 hours and compare to visiting it during the daytime).
3. Learn about night jobs (interview someone with a night shift, visit someone during their night shift, OR create a photo essay or collage about research you did about night work).
4. Learn about nature at night (learn about an astronomy topic, research a nocturnal animal, OR sketch a landscape at night).
5. Have a night time event (plan a night activity for younger scouts, spend three hours with your family or troop without electronics, OR learn about a constellation legend and tell someone the story).

### Cadette - Outdoor Art Apprentice



Make art inspired by or from nature.

### Cadette - Primitive Camper



Learn a new survival camp skill, a new camp skill, make a new food, and go camping.

### Cadette - Programming Robots



Learn about robot parts, algorithms, and make and use a simple pressure sensor.

1. Observe and record what you see in nature (compare indoor and outdoor performance, draw some scene in different seasons) OR talk to an artist that makes nature art.
2. Make something nature inspired (natural dyed shirt, clay art, plantable seed paper).
3. Use nature inspiration to make music or dance (recreate nature sounds, playlist, rap/poem).
4. Take photos (pattern/texture close ups, hike journal, something blended into it's surroundings).
5. Make art with nature (suncatcher, sundial, pinwheel, windsock, design something you can live in/provide shelter, design a miniature golf course in the snow, design—and grow—a square-foot garden).

1. Review the Before You Start This Badge box, speak to an expert (camping expert, sporting goods/outdoor retail store employee, OR camp ranger) about any special gear you'll need, AND pick a location to camp.
2. Make a packing list (pool your gear on some items, practice layering clothing, OR weatherproof your gear or packing technique).
3. Make a new food (home dehydrated, dish from a nomadic tribe, OR two different basic camp meals to compare) before you go camping and add it to the menu if it works out.
4. Learn a new camp skill and use it at camp (handsaw or hatchet, water-purification, OR one new knot).
5. Learn a new survival camp skill (take a wilderness first aid course, play a Leave No Trace quiz game at the campfire, build an emergency shelter, OR learn about edible plants).

1. Learn the 5 robotic parts (controllers, sensors, housing, actuators, and effectors) AND think of an imaginary robot that has all five.
2. Make a simple Pressure Sensor.
3. Use the sensor from Step 2, add it to a box, and try making it light up when a box moves.
4. Write an algorithm for someone else to follow to do a simple task.
5. Write an algorithm the simple box with a sensor could follow.

### Cadette - Public Speaker



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

### Cadette - Science of Happiness



Discover ways to boost happiness and well-being, survey happiness, and thank someone.

### Cadette - Screenwriter



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

### Cadette - Showcasing Robots



(Part 3 of Robotics Set) – Show off a robot you built and learn about robotic competitions.

### Cadette - Snow or Climbing Adventure



Try to climb and belay using a top-rope climbing system OR skiing and/or snowboarding on a 2 day trip while staying safe.

### Cadette - Space Science Researcher



Do a visible and an invisible light experiment, explore stars, and learn about and help the light pollution issue.

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).

1. For two weeks, try a new way to create happiness (try a hobby/activity for 30 minutes each day, write three blessings/gratitude things each day, OR record 3-5 things that made you happy each day).
2. For two weeks, try a new technique AND track the progress to see if it created new happiness for you (write down the negative each day and reframe it, list your strengths and use the list each time you face a trial, OR celebrate someone else's happiness when you feel down).
3. Pick one activity to do twice and measure your success at finding happiness by bringing happiness to others (visit face-to-face, write a forgiveness letter, OR make a meaningful gift).
4. Learn one way to gather measurable data on happiness and try it (5 questions survey, poll 10 people, OR interview a friend).
5. Create something to help increase happiness from what you learned (5 tips to gain happiness, top 5 ways to be happy art piece, OR make a Bliss Box).

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).

1. Learn 3 about different robotic events or competitions.
2. Create a presentation about the robot you designed in either of the first two badges.
3. Share your presentation and get feedback.
4. Brainstorm ways to include robotics to make tasks easier or more fun.
5. Look at (visit OR view) a robot in real life that is doing a specific task.

1. Explore both the snow and climb options and decide which one.
2. Snow – learn the skills for skiing and/or snowboarding & spend two days on the slopes (either an overnight trip or two separate day trips).
3. Climbing – climb and belay using a top-rope climbing system. Aim for two to three practice sessions on an artificial indoor or outdoor climbing wall before you tackle the real deal.
4. Find out how to prepare for a trip (research or talk to an expert).
5. Learn what gear you need and what it's for.
6. Prepare and stay safe (take yoga or Pilates class, speak to an expert, or do visualization training).
7. Go and have fun (take video, use skills learned in a class, write in journal about it).

1. Do a visible light experiment (make a Newton Disk spinner, make prism pictures, OR make a rainbow).
2. Do an invisible light experiment (Make a sun print from UV light, work with remote control infrared light, OR conduct a prism experiment with thermometers).
3. Explore the stars beyond just using your eyes (be an Astrophotographer, capture images with NASA) OR learn to classify stars.
4. Look at stars with an aid (use a red light to keep your eyes adjusted to the dark, visit a dark sky area outside the city, OR observe with a telescope).
5. Learn about light pollution AND help in one way (participate in a citizen science project about light pollution, analyze your light fixtures and work a plan to avoid creating light pollution, OR design a new light fixture or shade for an existing fixture that could help prevent light pollution).

## Cadette - Special Agent



Perform a forensic experiment, observation exercises, learn more about body language, and solve mysteries using evidence.

## Cadette - STEM Career Exploration



Discover cool jobs and how they use STEM.

## Cadette - Trail Adventure



(Hiking or Trail Running) – Go on three different 6 hour hikes on 3 different days or a 3-mile run.

1. Have fun with investigation (CSI Themed game night, Identify Crisis party, OR female special agent book club).  
2. Learn how to sort between what is fictional and what is real in investigative work (interview a professional about difference from reality and TV shows or movies, play an eyewitness challenge, OR role-play a simple mystery to find the correct culprit).  
3. Perform a forensic experiment (chemistry like chromatography, physics like interpreting blood spatter, OR biology like extracting DNA from a banana).  
4. Learn more about body language (learn about "tells", research what body gestures and positions mean, OR analyze voices to learn what different tones mean).  
5. Create something around investigation (write a scene or script for a mystery, sketch or sculpt a "crime scene", OR dress up and re-create a spy scenario).

1. Look at different career options and which ones match up to your interests and talents AND choose one to dive into.  
2. Find out what STEM aspects your chosen career has.  
3. Learn what the daily life of your chosen career would be like.  
4. Find out the steps you need to take to obtain your chosen career.  
5. Make a step by step plan for you to obtain your chosen career.

1. Decide if you are trail running or hiking, AND what three hikes to take if you are hiking OR what mile you are trail running.  
2. Hiking – Train for and complete all three of the trail challenges on three different days with minimum six hours on the trail each day (minimum 2,000-foot cumulative elevation gain, minimum of 10 miles, and trail on a terrain different from previous hikes you've done)  
3. Trail Running – Train to build endurance for running a long distance at a comfortable pace, at least 3 mile distance  
4. Pick the place you will take your three hikes OR mile run AND make one plan (research destination, plan activities along the trail, OR decide what budget you need).  
5. Make a gear list for your run/hike after researching what you need.  
6. Practice by trying running/hiking with an experienced runner/hiker, talking to a coach/expert, OR doing visualization exercises.  
7. Do the three runs/hikes AND have fun while doing so (shoot an action video or action shots for a portfolio, play a game, test a camping skill, OR keep an adventure journal).

## Cadette - Trailblazing



Get in shape for a hike, plan food and a hiking adventure, and learn one new skill.

## Cadette - Trees



Learn a tree science aspect, make a tree craft, do a tree activity, explore the connection between humans and trees, and plant/care for a tree.

## Cadette - Woodworker



Use a hammer, level, screwdriver, and saw, and make a project using wood and tools.

1. Plan an adventure using the G5USA checklist and consulting an expert (talk to an experienced camper, speak to a local trekking club, OR research maps, and info on locations from library, rec center, or store).  
2. Get your body in shape with a physical activity (physically challenging team-building course, do 3 hikes/bike trips/jogs for 30 min each, OR take a "boot camp" course in your community or with a coach/trainer).  
3. Plan what to eat when going on the adventure (three quick meal recipes, energy snacks, OR create as little trash as possible while on the adventure).  
4. Learn one new skill (purify water, navigate with map/compass or GPS, OR pitch tent in three locations with different conditions).  
5. Do an activity while on your adventure (stuff-sock dramatics skits, constellation viewing, OR progressive story telling).

1. Do a fun tree centered activity (visit an orchard, design a tree house, OR cook a dish using an ingredient from a tree).  
2. Learn a tree science aspect (identify at least five different trees on a walk, sketch and label tree parts AND include three kinds of plants or animals that use the tree you sketched, OR learn how fires play a healthy role in forests by talking to a fire expert or ranger).  
3. Make a tree centered craft (use leaves or barks as inspiration, draw/point/sketch/photo a tree, write a poem/song about a tree, OR find three legends of trees AND make your own tree legend).  
4. Do an activity that explores the connection between humans and trees (visit a lumberyard AND chart how wood travels from forest to the lumberyard, talk to a landscaper or arborist to learn about local trees that thrive AND design a dream tree garden, OR research logging, clear-cutting, or deforestation AND hold a debate arguing on both the pro and con side of the issue).  
5. Care for a tree (plant one AND care for it for one month OR take care of a tree for one month) OR follow an arborist and learn about tree maintenance and care.

1. Hammer multiple nails into a piece of wood (write your name, make a shape, OR make a nail/wood sculpture).  
2. Use a level in one useful way (level four pieces of paper on a wall, build a level Letter T, OR survey five spots to see if structure is level).  
3. Use a screwdriver on multiple screws (tighten three loose screws, use a power drill on six screws AND take it apart after, OR build a simple project, like a bookshelf, toy, mirror, or clothes rack, with a screwdriver).  
4. Practice with a hand saw OR miter saw (cut the letters X, Y, and Z with a miter saw, cut a 6"x6" square with a miter and a hand saw to compare, OR make a simple doll or animal toy).  
5. Build one wood project you can use with an experienced mentor (woodworker, home improver, OR beginner class).



### C/S/A - World Thinking Day



Learn about a topic GSUSA picks each year that affects the entire world.

### Cadette - aMAZE



Explore friendships, learn how to handle tricky social situations, and build confidence in relationships.

### Cadette - Breathe



Discover how air affects our world, do fun experiments, and dive deep into one Air Issue.

2024-2025 Year Requirement Summary:  
1. Realize you are part of a world wide organization (read WAGGGS Global Advocacy Champions stories, teach younger Girl Scouts about the World Thinking Day history, OR design a new symbol for "Reflecting the symbolism and values of our Movement")  
2. Connect to another culture locally (interview someone from a different culture and share yours, participate in a community cultural event, OR interview someone who grew up outside of the U.S.)  
3. Investigate how to "Reflect the symbolism and values of our Movement" (hold a mock debate with a fellow Girl Scout, role-play and discuss bullying scenarios you have seen or heard about, OR write a letter to a local congressperson about an issue you feel strongly about).  
4. Share what you learned (participate in a World Thinking Day event, make a poster/video/display, plan a TAP using the Design Process).

1. Interact Award: Do three of the nine options for activities.  
2. Diplomat Award: Plan and do a Take Action Plan (TAP).  
3. Peacemaker Award: Create a Peacemaker Kit.

1. Aware Award - Keep an Air Log. Think of two air experts. Review a list of Air Issues. AND make an Air Pledge  
2. Alert Award - Dive deep into one Air Issue AND educate someone else about this issue (educating others in a measurable way counts as the TAP).  
3. Affirm Award - Display how educating others made a difference, share it with others. AND make a Vision Statement.

### Cadette - Media!



Learn how media shapes ideas, create a Cultivate Commitment, and make a Media Remake Project

### Cadette - Outdoor Journey Set



Earn three specific outdoor badges.

### Cadette - Think Like A Citizen Scientist



Observe nature, record what you see, and help scientists study the world.

1. Monitor Award - Do three activities (of the 8) AND a conduct a media survey or poll in your community.  
2. Influence Award - Do a Media Remake Project (This counts as the TAP when shared with others to advocate or educate).  
3. Cultivate Award - Make a Cultivate Commitment AND share it in one way.

1. Night Owl badge  
2. Primitive Camper badge  
3. Trailblazing badge  
4. Take Action Project

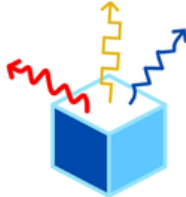
1. Learn the details how citizen scientists make observations and collect data.  
2. Do one observation skill activities about the environment, create a community field guide, and do one SciStarter project.  
3. Plan and do a Take Action Plan (TAP).

Cadette - Think Like A Programmer



Learn how to give computers instructions and solve problems using coding.

Cadette - Think Like an Engineer



Build and create things to solve problems.

Cadette - Journey Summit Award



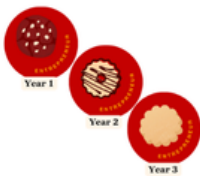
Complete three journeys.

1. Learn what Computational Thinking is.
2. Do three activities to practice computational thinking (computer or not lesson, create a card-sorting algorithm, and create user-centered design).
3. Plan and do a Take Action Plan (TAP).

1. Learn the Engineering Design Process.
2. Do three engineering challenges using the design process (life vest for a dog, a camp cabin, and an elephant prosthetic leg).
3. Plan and do a Take Action Plan (TAP).

1. MAZE! Traditional Journey Set
2. Breathe Traditional Journey Set
3. Medical Traditional Journey Set
4. Cadette Outdoor Journey Set
5. Cadette Think Like a Citizen Scientist STEM Journey Set
6. Cadette Think Like a Programmer STEM Journey Set
7. Cadette Think Like an Engineer STEM Journey Set

Cadette - Cookie Entrepreneur Pin



Earn a Cookie Business badge, AND work at home to set cookie-selling goals, practice using money, and learn how to talk to customers.

Cadette - Program Aide



Take a leadership course and run six meetings/events for younger scouts.

Cadette - Silver Torch Award



Serve a leadership role in an approved organization.

1. Make benchmark cookie selling goals.
2. Earn a Cookie Business badge.
3. Learn what financial planning is.
4. Make a script for what you will say to customers (going door to door, at a cookie booth, or friends and family phone call) and get feedback.
5. Thank you customers in some way.

1. Pick any LIA and earn one.
2. Contact your council to find out what leadership course they do.
3. Find a younger troop to mentor and help plan, prep, and run six meetings, or help with a service unit/community or council run event six times.

1. Pick any Cadette Journey to complete.
2. Find an organization to be part of the leadership team, or join a Girl Planning Board and serve a leadership role in GSUSA. The time commitment varies, but should be no less than three months of regular duties.

Cadette - GSUSA Silver Award



Spend at least 50 hours on a community-focused permanent project, such as building a structure, providing education, or advocating for an issue, that includes research, planning, taking action, and sharing the impact the project had.

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.

Cadette - Service to Girl Scouting Bar



Provide 20 hours of service to girl scouts.

- 1.Pre-requisite of completing one Cadette Journey
- 2.Find an issue you care about and learn the effects of the issue in your local area.
- 3.Find a team to help you (up to 3 other Cadettes, community partner, friends/family).
- 4.Research and explore your issue and the effects on your local community and brainstorm ideas that might help.
- 5.Choose the idea to become the award project.
- 6.Plan and submit your Project Proposal to your local council.
- 7.Track your time (minimum of 50 hours) to plan and execute your project.
- 8.Share your project results with others.
- 9.Submit your Final Report to your local council.

- 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.

- 1.Provide 20 hours of helping younger troops, council work, or camp help.

My Promise, My Faith Pin



Explore how your Girl Scout Promise connects to your faith and values.

Cadette - Community Service Bar



Give 20 hours of service to an approved organization.

International Friendship Pin



Live in a different country, teach a friend about scouts, and do a good turn daily.

- 1.Pick one of the 10 lines of the Girl Scout Law to focus on.
- 2.Find a woman in your faith (or historical if no faith) that is a good example of your Girl Scout Law line.
- 3.Get three inspirational quotes about your Girl Scout Law line.
- 4.Create something to remind you of your example and quotes.
- 5.Put your creation somewhere to remind you daily.

- 1.Check with your council to make sure the organization you want to help is approved.
- 2.Complete 20 hours of service.

- 1.Make a new friend in your new country.
- 2.Learn about the culture/customs in your new country.
- 3.Learn some of the language in your new country.
- 4.Learn about the history/geography of your new country.
- 5.Teach someone in your new country about the U.S.A.
- 6.Learn about Girl Scouts/Guides in your new country.
- 7.Do "a good turn" in your new country.