

Cadette Journey Guide

It's Your Planet—Love It!

BREATHE

1. The Purpose of BREATHE

i The purpose of the *BREATHE* Journey is to teach observation and research skills. This Journey takes you through the three keys of identification, observation, and action giving you valuable life skills. Through air-related activities you will be challenged to create a positive and sustainable impact on the environment while gaining a greater understanding of the world around.

2. Take Action Project

i To complete *BREATHE*, finish the Journey and do a take action project. Time to commit to creating sustainable change in your community!

Examples:

- Brainstorm a time log for phone usage to reduce hours spent on phones and television.
- Teach others mindfulness by hosting a meditation workshop to remind girls to breathe.
- Do certain areas of your city seem to be polluted with smog? Propose an anti-pollution plan to your local government on how they can not only reduce the issue but solve it entirely!
- Your food's carbon footprint can span far and wide across the US. Track your city's food footprint and propose a way to encourage the consumption of local produce.

3. Aware Award, Alert Award, and Affirm Awards

i In this Journey, you have the opportunity to earn the Aware, Alert, and Affirm awards. Explore the three keys: Discovery, Connection, and Take Action.

- **Aware:** Discover a new world by researching the air around you while gaining an awareness of your surroundings! You can find details on earning this award on pages 102-103 of the *BREATHE* Journey.
- **Alert:** Time to alert others on air related issues by connecting with your community! Steps 1 through 5 of earning the award can be found on pages 104-105.
- **Affirm:** Now that you've discovered the world around you, connected with other girls to learn about air related issues, now you get to take action. Steps 1 through 4 and your commitment statement can be found on pages 105-106.

4. Field Trip Ideas

i Air is all around you—no matter where you go. So take a deep breath and explore.

Examples:

- Take two hikes—one in a designated hiking area of your city, and the other in a local park. How does the environment differ between the two areas?
- Visit a local farm and see how farmers sell their produce. Make sure to ask about their food footprint.
- Go bird watching in various areas of your city. Compare the different kinds of birds, how they interact with the world around them, and how many there are.
- Visit a solar farm. Compare the differences in sustainability from a powerplant.

5. BREATHE Ending

i Congratulations! Now that you have completed *BREATHE*, it is time to take a giant deep breath. You've explored, analyzed, and taken action in your community. You should feel as light as a feather now that you have completed *BREATHE* and it's air-centric tools!