Cadette Journey Guide
It's Your Planet—Love It!

BREATHE

1. The Purpose of BREATHE

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

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

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

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

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!