

Cadette Journey Guide

It's Your World—Change It!

aMAZE

1. The Purpose of aMAZE

i The purpose of the *aMAZE* Journey is to teach you how to navigate friendships and build life-long bonds. Relationships can be *aMAZE* but this Journey is meant to help you find the key to solving them.

2. Take Action Project

i To complete *aMAZE* finish the Journey and complete a take action project.

Time to commit to creating positive and sustainable change in your community!

Examples:

- Maybe you notice that your friends or even you have been cyberbullied. Create an anti-cyberbullying program and outline the tools of online safety.
- If the girls in your friend group are always fighting—create a positivity chain where everyone writes down positive things that they appreciate about each other to break the ‘chain’ of negativity.
- Do you or your friends find yourselves gossiping? Create a multi-step plan to identify when you are gossiping, how to stop, and how to turn the conversation into something positive. Maybe instead you stop and list three things you like about that person—or take it further and teach other groups how to identify, stop, and move-forward.
- Create a relationship-building workshop where girls can learn what it takes to form and maintain healthy friendships.

3. Interact, Diplomat, and Peacemaker Awards

i In this Journey, you have the opportunity to earn one, two or all three leadership awards. Explore the three keys: Discovery, Connection, and Take Action.

- **Interact:** On pages 12-14 of the Journey you will see nine interactive challenges. Complete three of them to earn the Interact award.
- **Diplomat:** Create and complete a take action project aimed at building positivity and peaceful relationships. Details on the award can be found on page 114 of the Journey book.
- **Peacemaker:** Find and finish the Peacemaker Kit sections of the Journey book and commit to using these skills in your life!

4. Field Trip Ideas

i Time for a cornucopia of field trips!

Examples:

- Visit a maze or labyrinth with your friends and work together to find your way out.
- Visit your local Girl Scout council and find out how older girls maintain their relationships.
- Go to the movies and invite someone you don't normally hang out with.

5. aMAZE Ending

i Once you've explored how to create and maintain relationships, have done your take action project (possibly the award opportunities too), and have completed the self-reflection questions in the *aMAZE* Journey— you have accomplished *aMAZE*. Congratulations! Hopefully you have gained the skills to go out and build positively *aMAZE*-ing relationships.