

Dear Girl Scout Cadette,

Here's your chance to show your leadership skills as you assist your Brownie sisters along their special quest! To earn your LiA (Leader in Action) Award for the Brownie Quest:



- Demonstrate your commitment by actively assisting during four sessions of the Brownie Quest (even better, come to all of them!)
- Do Steps 1–3 as outlined on these pages.
- Reflect on your experience using the questions on these pages.
- Then talk to the Brownies' adult guides and get their feedback.

I attended these Brownie Quest Sessions:

1. Demonstrate your organizing skills by preparing the materials and instructions for three Quest activities in advance of their sessions. Each session includes two to three activities, so there is plenty to do to keep each session running smoothly. You can go over the activities with the Quest's adult guides and discuss how you can best assist.

I prepared these activities in advance of the sessions:

2. Demonstrate a special skill or talent you have by planning and guiding the Brownies to do one "just for fun" extra activity while they are on the Quest. For example, perhaps you are good at crafts and want to teach the girls to make a gift for themselves or a friend. Or perhaps you are science-minded and can think of a little experiment the Brownies can do during a session. Maybe you can sing or dance or make up funny cheers. You get the idea—add a little of the extra joy you uniquely bring to a Brownie session! Try to make whatever you do tie into the Quest. And remember, the Brownies already have a lot going on to earn their keys—so you'll want to keep your little extra short and sweet!

I shared my zest for _____ with the Brownies by

3. While on the Quest, the Brownies will be leading their families and communities in “healthy-living” actions like making and enjoying healthy treats or playing a game that gets people up and moving. Take the healthy living even further by doing one of these:

- Bring the fixings for a simple, healthy snack to a session (carrots and low-fat dip; apples and yogurt), assist the girls in “making” the treat, and explain (perhaps on poster board)—in a Brownie-friendly way—why that snack is better than something else (like _____).
- Teach the Brownies how to do a simple exercise or stretch that you know and like, and use it as a “quick break” between activities. Offer a short explanation of why it’s good!
- Bring some music and get everybody moving as the meeting starts or ends—or when an energy boost is needed! Offer a quick explanation of why it’s good!

While on the Quest, the Brownies will be Discovering, Connecting, and Taking Action (shhh . . . don’t tell them those are the names of the keys they are finding!). Think about how you are Discovering, Connecting, and Taking Action along with them . . . and take a little time to reflect on your experience. Think about what you’ve learned and then answer these questions:

I discovered that a value that really matters to me is:

I discovered that a special skill or quality I enjoy using with others is:

I find it challenging to “connect” with younger girls because they

I enjoy connecting with the adults involved with the Quest because

When the Brownies were choosing and doing their Take Action Project I felt

_____ *because* _____

I am glad I took action to assist in leading the Brownie Quest because

Talk to the adults guiding the Quest. Find out one thing you did during the Brownie Quest that was really, really great (a perfect 10!). Then find out one thing that you can keep in mind—to practice for the next time you team up with younger girls in Girl Scouts.

One thing I did that was a perfect 10:

One thing I will keep practicing:

Congratulations! You have shown that you are a true leader!