

Your Ambassador Badges

Earning badges is a great way to start new hobbies, explore dream careers, or try something new for the pure fun of it! These badges have been designed especially for your level—so they’re sophisticated, interesting, creative opportunities to learn skills and dig into ideas that are relevant to you. There’s no worrying about grades or needing to become an expert. Unlike almost everywhere else in your busy life, earning a badge is a chance to try something new simply because you think you’ll enjoy it. Of course, there’s another exciting purpose to the badge process—you never know who you’ll meet, what ideas will inspire you, or what new passions or talents you’ll uncover. You can be positive of one thing, however: You’ll learn a truly useful skill along the way.

Read on for tips about how to get the most out of your badges.



Choosing a Badge

Pick badges based on what sounds like fun or gives you a chance to build a skill you've always wanted to have. Here's how each badge is set up.

TIPS BEFORE TAKEOFF:

These important bits of information give insight into how the badge is set up and how the steps work together. They might also include things you need to consider before you start, so read them carefully.



Find a Group to Coach

- Check in with a coach or instructor at a sports facility. Perhaps a coach needs an assistant and might agree to let you do additional training work with their group.
- Join a community team. Ask organizers if you can put the word out to help train a group for the event—perhaps a walk, run, triathlon, or bike ride.
- Look into school nonparticipation. You might find a group that wants to try out for a junior varsity or varsity sport, or for a cheerleading tournament or other school-associated athletic activity.
- Find out if you can help someone in your community. Girl Scouts in your community may be part of teams or athletic leagues that could use your help. Or you could assist Juniors working on their Practice with Purpose badge—they need to complete an activity with a volunteer program toward an athletic goal.

Tips Before Takeoff

- Plan to work on this badge over a period of at least four weeks leading up to a culminating big event—a game, race, tryout, or final demonstration.
- Choose a sport that you currently play, have played yourself, or have watched extensively. Or you can complete this badge as a coach's assistant work in partnership with your coach or the coach of a sport you'd love to learn more about.
- Before you begin the badge, or during your completion of Step 1, you'll need to find a group of at least two people to coach. See the box for ideas.

Begin to outline your coaching strategy

Before you identify your team and the activity you plan to coach, dig into coaching strategies. In this step, focus on three areas: how to motivate a team, how to train, and how to assess progress. After you've gathered tips from pros, gather the tips together, and start your personal coaching playbook. (As you grow through the badge with more ideas and observations, you can add to the playbook—it's your personal and inspirational reference.)

CHOICES - DO ONE:

- Talk to a great coach or highly experienced athlete. Ask for insights from a coach or a professional or amateur athlete. It might be someone who coaches at or plays for a school, an after-school program, or a local college or university. If possible, shadow them during a practice or a game. You might ask to see a playbook—and take notes!
- Watch three sports documentaries. The sport doesn't have to be the one you'll coach—this is about the strategy of strategy. As you watch, keep the three focus categories in mind, and analyze what makes the coaches you see successful.

For More Fun: Get together with a group of girls working on this badge.

More to Explore

For their own coaching skills by taking a sports safety class and then an assistant to the coach. A physical therapist or sports medicine expert about potential injuries and how to prevent them on the sport you plan to coach. You might look for online classes, such as the new one developed by the American Red Cross.



LEAD ATHLETE

Coaching

"Good coaches teach respect for the opposition, love of competition, the value of trying your best, and how to win and lose graciously."

Steps

1. Begin to outline your coaching strategy
2. Conduct a first assessment
3. Design your coaching plan
4. Put your plan into action—and revise it, if necessary
5. Attend the big event, and make a final assessment

Purpose

When I've earned this badge, I will know what it takes for a coach to be successful.

STEPS: Each badge has five steps. Complete all five steps to earn the badge.

PURPOSE: This sentence tells you what skill you'll know once you've earned the badge.

CHOICES: Each step includes three choices for how to complete it. You only have to do one, so pick the choice that sounds the most intriguing, the most fun, or the one that will require you to "stretch" a little. When you're finished, check the box next to the choice you've done. If you find that you're really enjoying the activities—maybe you've found a new hobby or career interest—do as many choices as you want.

Note: Cookie Business badges are focused on one thing—learning to run a business during the Girl Scout Cookie sale—so they offer just one choice for each step.

FOR MORE FUN: These are fun ideas for getting more creative with an activity. They're *not* required.

Take time to read through the whole badge before you start! You'll see which activities sound like the most fun, and you'll know how all the steps fit together, so you can do the choices that make the most sense for you.

CAREERS IN WATER

- Chemist/biologist
- Civil engineer
- Hydrologist
- Marine scientist
- Environmentalist
- Geologist
- Lifeguard
- Coast guard
- Search-and-rescue diver
- Ship captain
- Harbor manager or harbor master
- Boat designer
- Coastal commissioner
- Hydrologist
- Marine photographer

"The formula for water is H₂O. Is the formula for an ice cube H₂O squared?"

—Liz Taylor, *Amateur actress*

STEP 2

Celebrate water and create your own

Enjoy art that expresses tradition around the world and capture your own response to water.

CHOICES — DO ONE

1. Draw into water. Purchase, read a fiction or nonfiction book of at least 100 pages that features water, or read five poems about water. React to what you read—ask a friend to review or a writer guest of your own, host a book club for other Ambassadors or friends to discuss it, or reflect on it while sitting by a lake or stream.

For More FUN: Find the origins (Latin etymology) of expressions that use water, like "hot water," "above water," and "water under the bridge."

OR

2. Enjoy an exhibit or event that features water. It might be a water sculpture, a water display (such as a community fountain), fine art, or even music that features water. (Perhaps "Water Music" by composer George Frideric Handel.) If whatever song seems appropriate to you (a photo, action, or poem) capture your experience to share with others.

OR

3. Create your own water composition. Record the sounds of water, from waterfalls and streams to water glass chimes to running tap water. You could make a composition that's relaxing to help you and others in times of stress or a playful water ruse for a celebration—maybe a Girl Scout ceremony. Share your composition with others.

More to Explore

- 1. Get creative with language.** In a journal, brainstorm water-related words and phrases. Write a poem or story using as many of the words and phrases as you can. What would your fantasy water spirit look like? Write a water conservation song. Write a water conservation poem. Write a water conservation story. Write a water conservation play. Write a water conservation song. Write a water conservation poem. Write a water conservation story. Write a water conservation play.

STEP 3

Find out about water issues

Humans have always been dependent on water. Civilizations were built around rivers. Where it's dry, humans often create artificial bodies of water—reservoirs, harbors, and waterways. But our relationship with water isn't always a happy story. We face pollution, waste, and natural disasters. Take a closer look at a water issue and share what you find out, perhaps in a presentation, art project, article, or journal.

CHOICES — DO ONE

1. Visit a water facility and explore its effectiveness. It might be a wastewater treatment plant, a drinking water treatment plant, a managed watershed, or a desalination plant. Consider the facility's place in the community and its sustainability. How well is it working? What are its challenges—and your ideas for solutions?

Tip: Before you go, find out what these mean: "primary water treatment," "secondary water treatment," and "biochemical oxygen demand."

OR

2. Investigate endangered marine life. You could interview a marine biologist about the need to protect coral reefs for marine life and for human life. Scientists have discovered several medicines in coral reefs from anticancer chemicals to hard skeletons that might serve as bone implants. Or you could speak to an organization about overfishing, or research the effects of oil spills or climate change on ocean life.

OR

3. Investigate water as a hazard. Tsunamis, tidal waves, rogue waves, and flash floods all occur naturally, sometimes at great cost to ships and cities. Read several articles or a scientific book to learn more about one or all of these hazards.

For More FUN: Find out how satellites and radar help detect and measure waves and flash floods.

Explore

1. Pretend you're a Girl Scout in 1910. On that activity (using the Bio-Action badge), check out your local stream as a waterway for pollution for a month. Take a water sample. Record signs of oil on water and the color of the water. Take a walk around your neighborhood and make a list of the things that could be washed by rainfall.

Water Culture

Across the globe there are many different practices that involve water.

1. In Islam: Water symbolizes purity, clarity, and calmness.

2. In Christianity: Water is primarily associated with baptism.

3. In Judaism: All waters are sacred. To be forgiven of sins, believers must bathe in a river.

4. In Hinduism: Water is gift from God and should not be sold or bought. Before each of the five daily prayers, Muslims bathe their faces and wash their hands, forearms, and feet.

5. In Buddhism: Water plays an important role in ritual cleansing practices.

MORE TO EXPLORE: These boxes offer extra activities related to the badge topic. They're *not* ways to complete the steps—just additional ideas about how to gain more insight and make your badges the most exciting they can be.

ADD THE BADGE TO YOUR JOURNEY: When you go on a National Leadership Journey, you develop your leadership skills and enjoy the fun of learning new things and building new relationships. There are many ways to earn badges along the way. To help you brainstorm, each badge includes a tip for how to connect it to a Journey. Have fun using your imagination to find even more ways that badges and Journeys go together.

GIVING SERVICE: It's Girl Scout tradition to learn skills so we can use them to help others—we've been earning badges for this purpose for over a century. Here you'll find three ways you could give service with the skill you've just learned. There's also room to write how the skill inspires you to continue the tradition of service. You could add inspired ideas for Taking Action, too! These are ideas—they're *not* required.

Add the Badge to Your Journeys: Your leadership journey invites you to take some time away from the stresses of your routine so you can think about who you are and where you're headed in life. As you dive into this badge, why not plan a weekend getaway with some Ambassadors friends and enjoy a water-supplied retreat?

Now that I've earned this badge, I can give service by:

- Taking younger girls on a water appreciation tour to a local water source
- Being an advocate for water in my community or an area in need
- Suggesting careers that make a splash to friends

I'm inspired to:



Planning Your Time and Budget

How much time should it take to earn a badge? That depends on you! When you're done, you want to feel a sense of accomplishment and know that you've really developed a new skill. So relax, enjoy yourself, and take as much time as you need.

In some badges, you're asked to "find out about," "explore," or "investigate" a particular topic. In general, this process should take at least an hour. Don't keep your eye on the clock, though! Keep going until you feel satisfied that you've gained a greater understanding of that topic.

When you're busy with school, friends, family, and extracurricular activities, you may wonder how you will find time to earn badges. Try to find connections between activities you're already doing and Girl Scouting. For example, maybe you already make dinner for your family once a week. If you're doing a Cook badge, you can easily figure out a way to make one of those dinners apply to a badge step—and your family will probably love eating the special meal you create!

You also may need to be creative about funding your badge activities. Try to complete a badge while spending little or no money. Use common resources or recycled products whenever possible. If you need supplies that don't fit your budget, see if you can get a donation from an individual or business owner. You might even find some inspiration in the financial skills you develop by earning your Financial Literacy and Cookie Business badges.

Tapping into an Expert Network

You'll see choices throughout the badges that suggest that you find an expert to give you information or teach you a skill. It's quite rewarding to get help from people who are willing to share their expertise. And if the badge is related to a possible career interest of yours, this can also be a way to start finding mentors and building your network!

When you ask someone to help you, be ready to explain why you want to earn the badge, how much time you're asking the expert to give, and any resources you might need, such as materials, equipment, or facilities. Let them know that their contributions will be a big help in fulfilling your goal.

Before you talk with or meet any expert, discuss your plans with your family and Girl Scout volunteer. They may want you to have an adult accompany you.

Interviewing Tips

Some choices ask you to interview someone. Here are some tips to keep in mind.

- 1 Set up the interview in advance.** Establish a convenient time and place for the interview. People may choose to talk at home, on the job, or in public places like a coffee shop. (If you're doing the badge on your own, meet in a public place.) Be flexible about your own schedule, and do your best to accommodate theirs.
- 2 Be prepared.** Write a list of questions ahead of time, and carry a notebook and extra pens to the interview. You could also bring a small tape recorder, but always ask before taping someone.
- 3 Take accurate notes.** If a person talks too fast, ask them to repeat the information. If you plan to quote someone, you must write down exactly what that person says.
- 4 Be polite.** Be on time, dress neatly, and remember to say thank you.
- 5 Relax and have fun!** Most people feel shy about meeting someone new. Try practicing with a friend or family member ahead of time—it will help you feel more at ease.



Exploring Careers

Every badge includes a list of careers related to the badge topic. If you're having fun doing a badge and a job related to it sounds exciting, find out more about it! Badge activities are a wonderful way to try your dream career on for size or get inspiration for new career goals.

Working with Younger Girls

As an older Girl Scout, you may want to pass on your knowledge or help younger Girl Scouts earn badges. Here are a few tips.

- Be realistic about time. Generally, children can stay focused on a directed activity for 20–30 minutes, but they prefer to be involved. This is why many of the badge activities are “hands-on.”
- Pay attention to all the children in a group and each of their individual needs—be careful not to pick favorites.
- If a girl is not acting appropriately, try to figure out why, and turn her attention to the activity at hand.
- When you are giving directions, try to do so visually as well as verbally. Demonstrate tasks before you ask girls to do them.
- Be flexible. There are a variety of ways to accomplish most activities. Within reason, you can let a girl find her own way.

Staying Safe

- When you're doing a badge activity, you may choose to work with an adult you know and trust. Discuss your plans with an adult before starting any activity.
- Some badges suggest going to a website for more information. Sign the Internet Safety Pledge before going online.
- Any badge that involves cooking requires extra care around stoves, hot food, and knives. Also be sure you know how to tell when food has been thoroughly cooked.
- When you're working on craft projects, be careful when using sharp tools. Use nontoxic paints, glues, and markers, and make sure your work area is well ventilated. Avoid using old or unlabeled materials, since you don't know how safe they are.
- Always wear safety goggles when working on anything (such as a science experiment) that may cause something to get in your eye.
- Emotional safety is important, too! Some badges suggest doing a role-playing exercise. Always be kind—listen well and respect people's varying points of view and privacy. Don't push someone to participate—and if they do volunteer, let them choose their role and take time to prepare. Never make fun of a performance. End every role-play with a discussion that allows everyone to process their thoughts, feelings, and emotions about what they've seen and heard.



Girl Scout Internet Safety Pledge

- I will not give out personal information such as my address, telephone number(s), parents' or guardian's work address or telephone number(s), and the name and location of my school without the permission of my parents or guardian.
- I will tell an adult right away if I come across or receive any information that makes me feel uncomfortable.
- I will always follow the rules of Internet sites, including those rules that are based on age of use, parental approval and knowledge, and public laws.
- I will never agree to get together with someone I "meet" online without first checking with my parents or guardian. If my parents or guardian agree to a meeting, I will arrange for it to occur in a public place, and I will bring a parent or guardian along.
- I will never send a person my picture or anything else without first checking with my parents or guardian.
- I will talk with my parents or guardian so that we can set up family rules for going online. We will decide on the time of day that I can be online, the length of time that I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.
- I will not use the Internet to collect money for Girl Scout products, and I will follow all safety guidelines related to Girl Scout product sales.
- I will practice online "netiquette" (good manners) at all times when online.
 - I won't spam others.
 - I will not bully nor will I tolerate bullying (and I will always tell a trusted adult if this is a problem).
 - I won't use bad language.
- I will be guided by the Girl Scout Promise and Law in all that I do online.

Signed,

My name

Date

Parent or guardian

Date

*The GSUSA Internet Safety Pledge is based upon the Online Safety Pledge developed by the National Center for Missing and Exploited Children.