

aMUSE

Award Tracker

To earn the award, you will:



- ◆ Keep a Casting Call Log of all the women and girls you encounter during a few days or a week.
- ◆ Choose one woman from the Casting Call Log and talk with her (do “The Callback”) about the various roles she plays and has played in her life—even those she tried on for just a short time—to get a feel for what roles are possible for you!

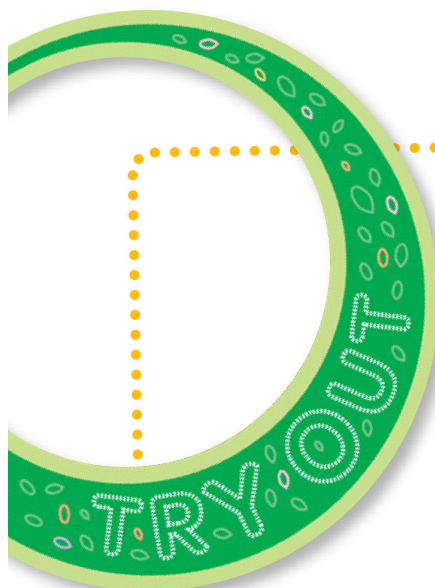
Activity	Date	What I Learned
Keep a Casting Call Log		
Talk About Roles (“The Callback”)		



To earn the award, you will:

- ◆ Complete the three Speak Out! activities listed below to gain the skills to tell a story about stereotypes. Just look for the Speak Out! award icons.
- ◆ Join with your Junior friends to create and share a story in any medium you choose that gets people involved in challenging stereotypes. And if you can (for some *aMUSE*-ing bonus points!), check in with your audience later to see what impact your story had, and what they are now doing differently.

Activity	Date	What I Learned
Give a Picture a New Story		
Flip and Trade for More Ideas!		
Thinking Like a Storyteller		
Action	Date	What I Learned
Find a stereotype that concerns you.		
Choose how to tell a story about it.		
Tell the story to an audience.		
Get your audience to join you in busting the stereotype and supporting women and girls in any roles they choose.		
BONUS: Check back on how your audience is doing.		



To earn the award, you will:

- ◆ Keep a “Role Call” Log of roles you play in your life for a few days or a week.
- ◆ Choose and complete two other Try Out! activities to give yourself the confidence to tackle even more roles. Look for the Try Out! icon.
- ◆ Then, as a team, form a Junior circle and take turns making a promise to keep trying out new roles.

Action	Date	What I Learned
My “Role Call” Log		
Trading Roles		
My Favorite “Costume”		
Now, Head Out in a Hat or Scarf or . . .		
Listening to Your Inner Critic		
[Me] x 3		

◆ *Promise to keep trying out new roles.*

Keep a Casting

Imagine your life as a movie.

Keep your own Casting Call Log to track the many women you encounter each day. Try it for a few days, or a week or two.

Think about the roles all the women in your life play. Some take care of your basic needs by providing you with food, shelter, clothing, ways to stay healthy, and ways to get where you need to be. Some give you encouragement, teach you new things, or challenge you to stretch your abilities. Some keep your community running smoothly—they direct traffic, repair streets and buildings, deliver the mail, and decide cases in court.

Name	Role(s) she plays	How does she act?

Call Log



Pay attention to how all these women act when they perform their roles. Do they:

- ◆ look people in the eye and speak firmly and clearly?
- ◆ use their hands or facial expressions for emphasis when they talk?
- ◆ make decisions for large groups of people?
- ◆ remind you of values in the Girl Scout Law? Are they honest and fair, friendly and helpful, considerate and caring, or ...?

Good leaders tend to do all these things, too. Which of them do you do? Which might you want to practice more?

Being a casting director forces you to observe people more closely than you ever have before. What do you notice about the women in your log that you hadn't noticed before? In what new ways are you now appreciating them?

**Is this a role you would like to try?
Why or why not?**

What value(s) of the Girl Scout Law does she express in her role(s)?



GOOD NEWS!

ACT 1, Scene 3
“The Callback”

Talk About Roles

After an audition, some actors are asked to a “callback.” That’s a second audition. It’s a chance for the director to take a closer look before she decides who’s best for the part.

Try this!



Choose a woman from your Casting Call Log that you'd like to know better.

Ask your parent or guardian to approve your choice and help you arrange a talk or get-together so you can ask her about all the roles she plays—and has played—in her life. Let her know that you're on this aMUSEing journey exploring all the roles women play in your life and your community.

Here are some questions you might ask:

What are the roles that you play in your life today—at your job, in your family, as a volunteer?

What role did you take on at some point in your life that you never really expected to have?

What did you learn from it?

Where did it lead you next?

Did you ever have to give up on a role you wanted and try something else?

Has anything stopped you from playing any of your roles?

Have you ever had to confront a stereotype? If so, what happened?

Are there women who paved the way for you in your roles? Who are they, and what have you learned from them?

What stereotypes do you think girls my age face in the world today?

What can we do about stereotypes?

What other roles do you hope to try at some point?

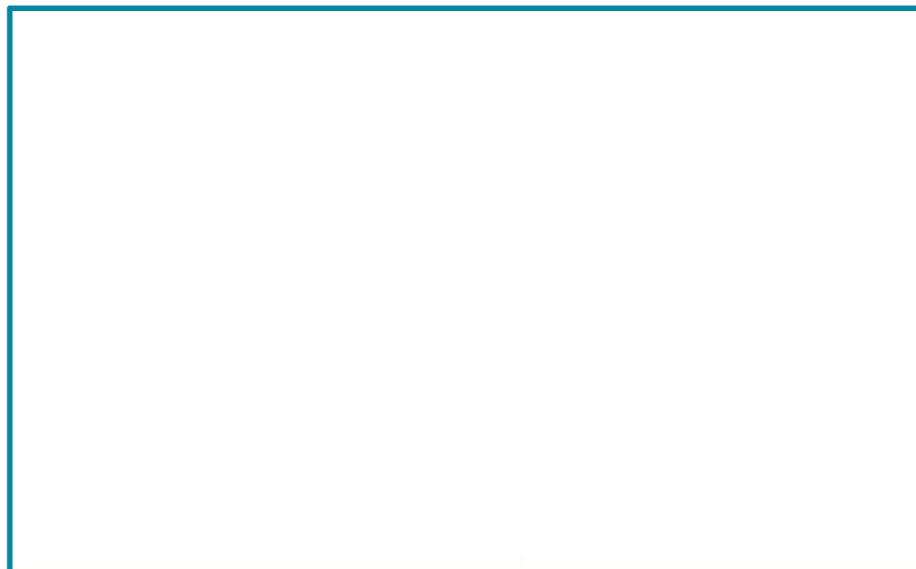
What did you want to be when you were my age?

Also ask the woman you chose to talk to which qualities and values in the Girl Scout Law are most important in her roles, and why they're important to her.

Check the ones she thinks are key, and write her reason or reasons next to it.

- ☐ Honest _____
- ☐ Fair _____
- ☐ Friendly _____
- ☐ Helpful _____
- ☐ Considerate _____
- ☐ Caring _____
- ☐ Courageous _____
- ☐ Strong _____
- ☐ Responsible for what I say and do _____
- ☐ Respect myself and others _____
- ☐ Respect authority _____
- ☐ Use resources wisely _____
- ☐ Make the world a better place _____

If you can, record your interview with the woman or take a photo of the two of you together, or make a drawing and paste it here.



Now take time to think about what you learned during the callback. Share your thoughts here.

What surprised you most about your role model and her roles?

What values and qualities do you share with her?

How do you think she acts as a leader in or through her roles?

What surprised you most about your role model and her roles?

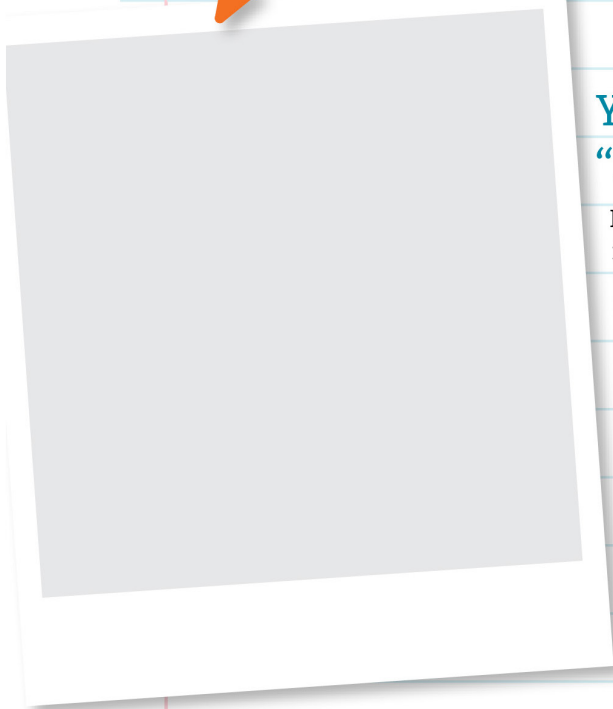
How would you like to be more like her?

What did you learn about stereotypes from her?

Give a Picture a New Story

You've heard the phrase
"Every picture tells a story."

Find a family photo that you're in. Put yourself in the role of someone else in the photo and tell a little story from that other person's point of view. Be as realistic as you want, as imaginative as you can be, or as silly as you feel like. Try to bust some stereotypes in your story, too! Paste the photo or draw a copy of it here, and then write your story:



So Many Ways to Bust Stereotypes!

Bethany Hamilton won her first surfing competition when she was just 8 years old. By the time she was a teenager, she was a well-known surfer.

Then, on October 31, 2003, her world changed. A tiger shark attacked 13-year-old Bethany when she was surfing near the Hawaiian island of Kauai. The 14-foot shark tore off most of her left arm.

Despite her injury, Bethany was determined to return to surfing. Just one month after the attack, she was back on her board. Later that year, she published her autobiography. In 2011, more people learned about Bethany's inspiring story when a successful movie—*Soul Surfer*—was made out of her first book.

By sharing her experiences, Bethany has changed the way people view female athletes and those who are differently abled.

"People I don't even know come up to me," she writes. "I guess they see me as a symbol of courage and inspiration. One thing hasn't changed, and that's how I feel when I'm riding a wave. It's like, I'm still here."





When **Ellen Ochoa** was in high school in the early 1970s, girls were not always encouraged to succeed in math and science. But Ellen was good at those subjects, and she had a calculus teacher who encouraged her.

When she went to college, however, one of her professors told her that engineering was too difficult for women. She proved that professor wrong in 1991, when she was selected by the National Aeronautics and Space Administration (NASA) as the world's first Hispanic female astronaut!

Just two years later, Ellen Ochoa became the first Hispanic woman to go into space. And today, she has logged more than 1,000 hours in space!

Mitali Perkins grew up in California, where she often felt caught between two worlds—her traditional Bengali family and the American suburbs. She loved to read, but she had a hard time finding books that talked about people who were having experiences like hers.

As a writer, she was able to change that. Her first book, *The Not-So-Star-Spangled Life of Sunita Sen*, told the story of a California middle-schooler and her traditional Indian family.

Mitali wants to get more people challenging the stereotypes that are often associated with different cultures. “Let the stories come,” she writes. “The more novels about a diversity of characters written by a diversity of authors and consumed by a diversity of readers, the better.”



Flip and Trade for More Ideas!

Bethany Hamilton didn't let a terrible accident affect what she could do in the sport of surfing. Ellen Ochoa didn't let someone's opinion about girls' math skills keep her from being an astronaut. Mitali Perkins didn't let the fact that she couldn't find books that reflected her cultural experiences stop her from writing her own.

What stereotypes would you like to see change so women and girls and ANYONE can try on whatever roles they want?

Trade ideas with your Junior friends! The more ideas you trade, the more ideas you'll have for your Speak Out story. Consider getting started by creating cards to share that will help others get out of the habit of using stereotypes.

- First, get a stack of blank index cards or cut small pieces of paper into squares or rectangles.
- Then, draw a picture of a person who is stereotyped on one side of the card. For example, maybe it's a girl with a speech balloon saying, “Math is hard.”
- Flip the card over and on the other side, draw a picture of the stereotype BUSTED! For example, you could draw a girl with a speech balloon that says, “Math might be hard for some people, but I'm really good at it!”

For more fun, make extra copies of your cards to trade with your friends and create your own Stereotype Busting Card Pack.

Thinking Like a Storyteller

When creating a story, think like a storyteller. Storytellers often start with an interesting heroine, so why don't you? What will you call her? How does she act? What does she do? It's all up to you!

My heroine's name is

She lives in

She's worried about this kind of stereotype:

She's worried about it because

Her best friend is

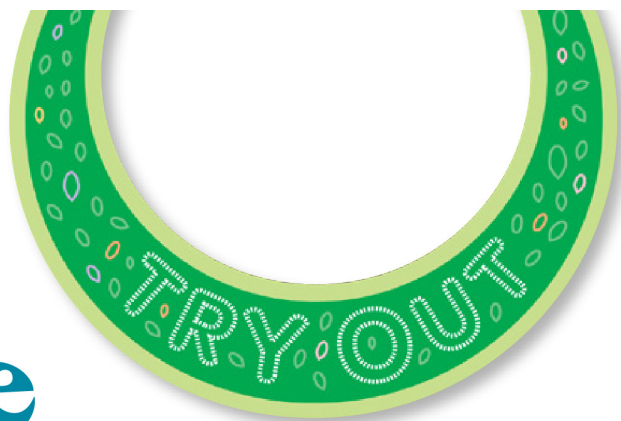
She likes to wear

Her favorite book/TV show/hobby is

She wishes for



My "Role Call" Log



Try this!

Keep track of all the roles you play for a few days or a week.

Then think about the skills and traits you use when you perform the roles. And think about how performing those roles makes you feel. You might feel creative or practical in the role of a chef. Or smart and useful in the role of a teacher. Does performing one role well make you confident that you can take on others, too?



Funny Faces!

When actors want to "loosen up" or get the jitters out before a show, they sometimes make funny faces. Try it when you want to warm up before presenting to a group.



Open your mouth as wide as you can to form a big "O." Then cover your teeth with your lips and make a smaller "O."



Next, scrunch up your face. Shut your eyes tight, purse your lips together, and furrow your brow. Hold for a few seconds, then relax.

Repeat it a few times.

How do you feel? Any different than before? Are the muscles in your face warmed up? Are you relaxed and ready to go?

Role	Skills and traits the role takes	How does the role make you feel?	How close is this role to the real you?

Trading Roles

What roles make you feel like an expert?

TRY OUT

Are you a **math whiz**, a **spelling champ**, or a **skateboard hotdog**? Have you ever taught someone how to do what you can do well, and felt great about it?

When you're in the role of teacher, think about how you act. Are you patient and kind? Do you break things down so your student will understand them better? Do you slow down and repeat things when your student is not getting them? Do you encourage her and let her know that she can do it?

Try these same traits on yourself when you're learning something new or challenging! Suppose you get frustrated trying to learn a new dance or a new computer game. Be patient with yourself. Break the steps down into small parts so they're easier to learn. **Ask for help! Tell yourself you can do it, and keep at it until you can!**



Roles I tried

How it went

What I learned

What I might try next time

DRAW WHAT YOU THINK HAPPENS NEXT





My Favorite “Costume”

What’s your favorite outfit?

Is it something that
makes you stand out
from the crowd...

or blend in with

your friends?



Draw it, or describe it, or take a photo of yourself in it and paste it here.
Or make a video of yourself in it, maybe even acting the part in it!

Now. Head Out in a Hat or Scarf or ...

Pick out a fun accessory. Make it something that catches people's attention. It could be a pair of sparkly tights, a pretty headband, an armload of colorful bracelets, or a hat—a snappy schoolboy cap, a chic beret, a big, floppy sun hat. Try it on and see how you look and how you feel. Wear your hat at a jaunty angle! Jangle your bracelets! Flick the scarf around your neck!

Do you feel pretty, daring, happy, proud, creative, courageous, or mysterious? Or something else? If you like how you feel, wear the accessory for a whole day. As you do, take note of how you feel when your friends notice the accessory. Is it hard or easy to be the center of attention? How do you feel when you take off the accessory? Does what you wear change you, or did you have that part of yourself inside you all along?

Record your experience!

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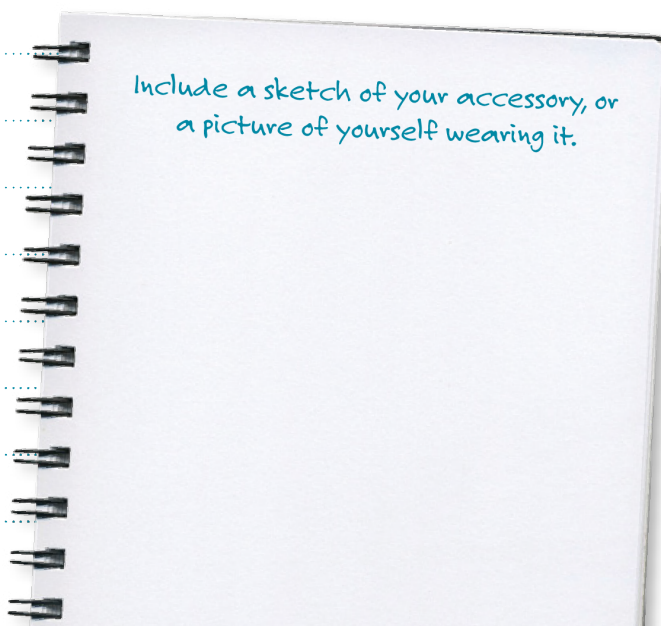
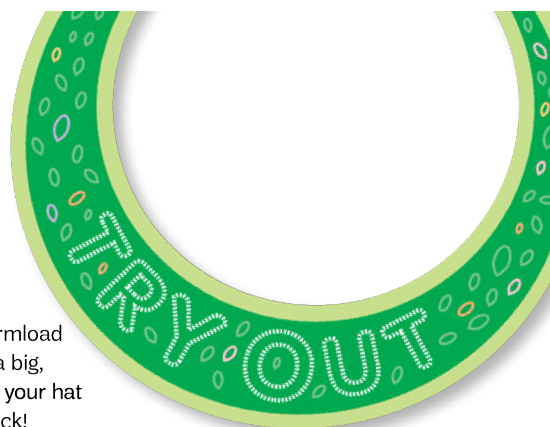
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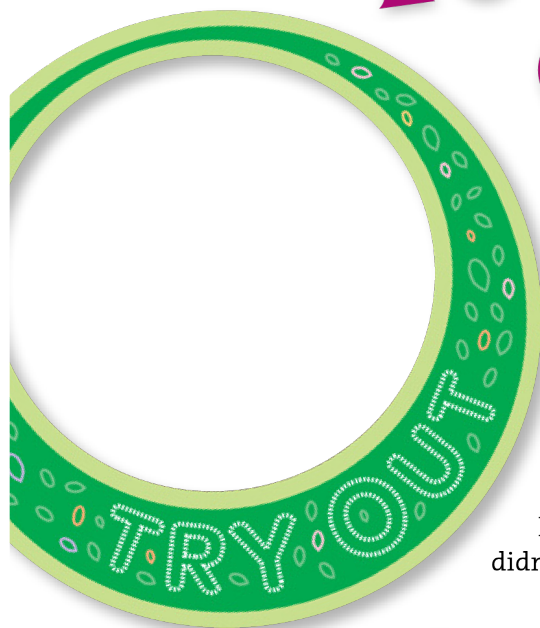
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Include a sketch of your accessory, or a picture of yourself wearing it.



Listening to Your Inner Critic



Do you ever play the role of critic in your life?

Do you give yourself a thumbs-up when you do something that makes you feel good?

Maybe you scored a goal in soccer or accepted a compliment instead of brushing it off. Do you sometimes give a thumbs-down to something new or challenging even before you try it? Maybe you wanted to speak up, but didn't, when you heard a hurtful joke. Or maybe you wanted to try out, but didn't, for a bigger role in your school play.

Try this!

Name three things your inner critic might give a thumbs-up to that make you feel good.

1.
2.
3.

Name three things that your inner critic might give a thumbs-down to that you really want to try.

1.
2.
3.

How about turning that thumbs-down into a thumbs-up?



[Me] x 3

When someone praises you, you might brush it off, feeling you shouldn't gloat or feel prideful, or maybe you feel you don't deserve it. But some say it's good to do this instead:

**Hear the praise,
take it inside, and
multiply it by three.
Feel good about it!**

Think about three things you're good at and that you have fun doing, and name them here:

1

2

3

Then do some math.

Multiply that compliment times three!