

Get Moving!: It's Your Planet—Love It!

Supplies Lists for Leaders

Session 1

A) General

old clothes
smocks

B) Opening Ceremony

C) Awards Along the Journey

D) Making Recycled Paper

decorative bits
a piece of screen
recycled paper
tissue paper
newsprint
printer paper
wrapping paper
envelopes
plastic bins (2)
electric blender
lots of rags
old towels
newspapers
butter knife
cut cardboard
duct tape

E) Energizing Guests

F) Energizing Snacks

G) Closing Ceremony

posterboard
markers

posterboard
markers

Fresh Fruit 1

fresh citrus fruits, sliced

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Supplies Lists for Leaders

Session 2

A) Opening Ceremony

posterboard
markers

B) Plants, Light & Energy

2-3 house plants
paper bags
paper
pencils

C) Beads of Recycled Paper

magazines paper
used wrapping
papers
rulers
pencils
scissors
white glue
round toothpicks
colorful seed beads
other beads
closure

elastic thread/soft
flex wire

D) Packaging Puzzle

variety of
packaging
materials cut into
small pieces

E) Closing Ceremony

girls' books

Fresh Fruit 2

fresh blueberries
fresh raspberries
fresh cherries

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Supplies Lists for Leaders

Session 3

A) Opening Ceremony

B) Observing Animals in their Natural Setting

paper
pencils

C) Animals, Energy & Movement

paper
pencils

D) Relate & Communicate

girls' books
paper
pencils

E) Closing Ceremony

Lettuce Envelopes

Lettuce
tomatoes, chopped
basil leaves, torn
mozzarella cheese, cubes or strips

Place all ingredients on lettuce leaf and roll.

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Supplies Lists for Leaders

Session 4

A) Opening Ceremony

Energy Pledges
Energize Awards

B) Shining a Light

incandescent
bulbs:
60w
100w
compact
flourescent bulbs:
14w
27w
lamp w/out shade
in/outdoor
thermometer

D) Brrr, That's Cold!

5 clean, empty
glass jars, same
size with lids

hot water
thermometer
wool socks
cotton t-shirt
paper
cardboard
other items as
suggested by girls

E) Hot Drink Cozies

cardboard coffeese
sleeves (pattern)

scrap denim
pencils
sharp scissors
velcro
sewing machine
needle/thread
rickrack
fabric ribbon

C) Checking for Drafts

pencils
tape
rulers
qt/gal ziploc bags

E) Closing Ceremony

Snack Time

Hot apple juice
cinnamon sticks

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Supplies Lists for Leaders

Sessions 5 & 6

A) **Energy Audit**

copies of The Big Questions p70

copies of Hello, I'm an Engineer p68

copies of Communicate w/ Style p63-64

building to tour w/ bldg services

B) **Communication Maze**

pencils
copies of First Maze p66

C) **Relate & Communicate**

Session 3 Do's & Don'ts

Snack Time

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Supplies Lists for Leaders

Session 7

A) Opening Ceremony

girls' books
Investigate Awards

B) Lightbulbs!

copy lightbulbs p79
cut apart
girls books

C) Thinking About a Team Choice

posterboard
markers

copies of How
to Conduct an
Interview p81

D) Old-Fashioned Silhouettes

bright lights
recycled paper
black paper
pencils
scissors
glue sticks

E) Closing Ceremony

boom box
music

Popcorn Lightbulbs

2 cups sugar
1 1/3 cups water
1/2 cup light corn syrup
1/2 teaspoon salt
1 teaspoon vanilla extract
18 cups popped corn
1 teaspoon white vinegar
waxed paper

Combine sugar, water, syrup, vinegar & salt in medium saucepan.

Cook over high heat until mixture reach 255°F on a candy thermometer.

Stir in vanilla.

Pour over popped corn, tossing gently to coat.

When mixture is cool enough to handle, press popcorn into 3" balls with lightly greased hands.

Cool completely on waxed paper

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Supplies Lists for Leaders

Session 8

A) Opening Ceremony

B) Walkability/ Bikeability

copies of
Walkability &
Bikeability Survey
p86-87

C) Making a Team Decision on an Innovate Project

Innovate Project
ideas board

markers

D) Next Steps

copies of Planning
Time: Innovate!
worksheet p83

copies of Innovate
Checklist p90-91

E) Closing Ceremony

posterboard
markers

Granola Bars

rolled oats
wheat germ
honey
brown sugar
seeds
nuts
dried fruits (girls' choice)

Combine oats, wheat germ and girls' choice of
sweeteners (honey/brown sugar).

Let the girls add their choice of seeds, nuts and
dried fruits.

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Supplies Lists for Leaders

Sessions 9 &10

A) Opening Ceremony

B) Teamwork & Conflicts

C) Innovate Checklist

D) Closing Ceremony

copies of
Walkability &
Bikeability Survey
p86-87

copies of Innovate
Checklist p90-91

Snack Time

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Supplies Lists for Leaders

Session 11

A) Opening Ceremony

index cards
ball of yarn/string
name tags

B) Innovate Award Ceremony

Innovate awards

C) Celebrate

girls' books
Energy Pledges

girls' created
artwork

camera
paper bead
necklaces

boom box
music

copies of Energy
Pledges for guests

D) Closing Ceremony

Snack Time

the favorite snacks of the girls to share with their
guests

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Supplies Lists for Leaders

Girls' Book Activities

Energy We Use Every Day	What's Your Carbon Footprint?	Weighing a Week of Waste	How Dark is Your Night?
page 13	page 16-17	page 32	page 58
pencils	pencils calculator	collect paper, packaging, cartons, etc that you would normally throw away for 1 week. scale	dark closet outside at night wilderness art supplies collage materials
Dream Up Your Dream Green Home	New Life for Old Digs	My Dream Car	What happens next? You decide!
page 63	page 66	page 82	page 102
art supplies	art supplies	art supplies	art supplies

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Supplies Lists for Leaders

posterboard markers decorative bits a piece of screen recycled paper tissue paper newsprint printer paper wrapping paper envelopes plastic bins (2) electric blender lots of rags old towels newspapers butter knife cut cardboard duct tape 2-3 house plants paper bags paper pencils magazines paper used wrapping papers rulers scissors white glue round toothpicks colorful seed beads other beads closure lamp w/out shade tape qt/gal ziploc bags hot water thermometer wool socks cotton t-shirt cardboard scrap denim sharp scissors velcro sewing machine needle/thread rickrack	fabric ribbon bright lights recycled paper black paper glue sticks boom box music posterboard index cards ball of yarn/string name tags camera incandescent bulbs: 60w 100w compact flourescent bulbs: 14w 27w in/outdoor thermometer elastic thread/soft flex wire 5 clean, empty glass jars, same size with lids cardboard coffeee sleeves (pattern)	copies of The Big Questions p70 copies of Hello, I'm an Engineer p68 copies of Communicate w/ Style p63-64 building to tour w/ bldg services copies of First Maze p66 Session 3 Do's & Don'ts (girls') copy lightbulbs p79 copies of How to Conduct an Interview p81 copies of Walkability & Bikeability Survey p86-87 Innovate Project ideas board copies of Planning Time: Innovate! worksheet p83 copies of Innovate Checklist p90-91 girls' books Energy Pledges copies of Energy Pledges for guests
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Supplies Lists for Leaders

Girls' Supplies

girls' books
old clothes
smocks
pencils
calculator
scale
dark closet
outside at night
wilderness
art supplies
collage materials

variety of
packaging
materials cut into
small pieces

collect paper,
packaging, cartons,
etc that you would
normally throw
away for 1 week.

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Supplies Lists for Leaders

Recipes

Any Bean Soup

1 pound dry beans (black, red, navy, pinto, kidney beans)
2 carrots, chopped
1 celery stalk, chopped
5 garlic cloves, chopped
1 sm onion, chopped
2-3 tablespoons olive oil
8 cups soup stock
sea salt to taste
pepper to taste

yogurt/sour cream garnish

Put beans in a lg pot of water, making sure you have 2" of liquid above the beans.

Bring to a boil, then turn off immediately.

Let beans sit for 2 hours.

Drain beans in a colander & rinse.

Chops carrots, celery, garlic, & onion.

Empty water from pot & put in veggies.

Add olive oil.

On low heat, cook veggies for 10 min, or until onions are clear.

Add beans & soup stock.

Raise heat to a boil, cover pot, reduce heat, simmer until beans are tender.

Remove pot from heat & let cool to room temperature.

Transfer beans & liquid to a blender/food processor & puree until creamy.

Return pureed soup to pot & heat on low until warmed.

Add sea salt & pepper to taste.

Walking Salad for One

1 apple
2 tablespoons cottage cheese
5-6 raisins
2-3 nuts, chopped
1 teaspoon mayo

Cut the top off the apple.

Core the apple almost all the way through, leaving the bottom skin intact.

Scoop out the pul & chop it up with cheese, raisins, and nuts.

Mix with mayo.

Stuff the mixture in the apple shell and put the top on.

Popcorn Lightbulbs

2 cups sugar
1 1/3 cups water
1/2 cup light corn syrup
1/2 teaspoon salt
1 teaspoon vanilla extract
18 cups popped corn
1 teaspoon white vinegar
waxed paper

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Cook over high heat until mixture reach 255°F on a candy thermometer.

Stir in vanilla.

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When mixture is cool enough to handle, press popcorn into 3" balls with lightly greased hands.

Cool completely on waxed paper

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Supplies Lists for Leaders

Recipes

Lettuce Envelopes

Lettuce
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Fresh Fruit 1

fresh citrus fruits, sliced

Fresh Fruit 2

fresh blueberries
fresh raspberries
fresh cherries

Granola Bars

rolled oats
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brown sugar
seeds
nuts
dried fruits (girls' choice)

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