



Junior Musician Badge Activity Plan 2

Badge Purpose: When girls have earned this badge, they'll know how music is made and how to perform music.

Planning Guides Link: Healthy Living and Creativity

Activity Plan Length: 1.5 hours

Involve Family and Friends: Participation from family and friends can enrich your troop's Girl Scout experience, both for the girls and for you. Use the suggestions below to make it easier for you to connect with additional support.

- Before the meeting:
 - Send a note to families to find those with interest in or expertise with the topic. Ask them to lead or support an activity or two, or even lead the whole meeting.
 - Offer this activity plan as a starting place and point out that they may choose alternative activities using the *Customize It!* section as a guide. For example: If an activity plan directs girls to sit outside and observe animal habitats, you may choose to go to the zoo and learn about animal habitats there instead.
- At home:
 - Encourage families to ask questions about their girls' badge activities. Some examples that work for any badge include: What did you learn? What surprised you? What does it make you think of trying next?
- Throughout the year:
 - Suggest to families ways that girls can share or display their Girl Scout accomplishments. Possibilities include a bulletin board, a scrapbook, a special memories box or family sharing time.

Girls Take the Lead: Include girl leadership through long-term planning, short-term meeting prep and specific activities at meetings.

- Long Term Planning
 - If you use "Plan Your Daisy Year", share this with the girls at the start of the year. Have them ask friends and family to help out with specific meetings or activities. Let the girls brainstorm ways to make the plans their own, such as thinking of related field trip activities. If a girl has experience with a field trip, ask her to be assistant tour guide.
 - If you are adapting the "Plan Your Daisy Year", get the girls' input on which badges to choose. Offer just a few choices in each category or timeframe to make decisions easier. Every girl should have at least one badge or journey she's excited about.
- Short Term Planning
 - Ask a family to help lead a badge. Make sure they have access to activity plans and any resources you might have. Keep additional requested materials to a minimum.
 - Choose two helpers to stay after a meeting for 15 minutes. Give them each an activity to introduce and either instruct or help guide at the next meeting.
 - Before a meeting, ask everyone to vote on some aspect of the activity: draw posters or perform skits, open with a song or game, etc.

- Use a rotating list of helper tasks, called a ‘kaper chart’, to share responsibilities. Examples include acting as emcee of the meeting, leading an opening game, bringing a snack next meeting or taking attendance.
- At the Meeting
 - During the opening, have 1-2 girls share their answers to a get-to-know-you question.
 - Have girls fulfill their kaper chart responsibilities.
 - Try to find something in each activity that you can let girls decide or manage.

Customize It: If your group wants to expand work on this badge or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the Junior Skill-Building Badge Set for *It's Your World – Change It!*, completing two of these activity plans, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They explore how music is made
- They listen to music from different time periods or parts of the world
- They check out the music in their lives
- They make and perform music

Tips and Tools

- Check out ways to stay safe using Safety-Wise at <http://gsrv.gs/safetywise>.
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made. If you have questions regarding specific adaptations, please contact River Valleys at 800-845-0787.

Resources

- This activity plan has been adapted from the Junior *Girl's Guide to Girl Scouting Musician Badge*, which can be used for additional information and activities.
- <http://gsrv.gs/1IKIDXZ>

Getting Started

Time Allotment: 15 minutes

Materials Needed:

- Optional: Girl Scout Promise and Law printed out on poster board

Steps:

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group, if girls know it by heart.

Girl Scout Promise	Girl Scout Law
<p><i>On my honor, I will try: To serve God and my country, To help people at all times, And to live by the Girl Scout Law.</i></p>	<p><i>I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, and to respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.</i></p>

3. Have the girls sit in a circle. Go around the circle and have each girl share their favorite singer or band and why.

Activity #1: Percussion Time

Badge Connection: Step 4— Make your own music

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.
- Divide supplies into three different groups based on the instructions below.

Materials Needed:

- Coloring utensils
- Drums
 - Large yogurt cups (1 per girl)
 - Balloons (1 per girl)
 - Construction paper
 - Scissors
- Maracas
 - Paper plates (1 per girl)
 - Stapler with staples
 - Beans
- Rain sticks
 - Paper
 - Scissors
 - Paper towel tubes (1 per girl)
 - Rubber bands (1 per girl)
 - Silver foil

Steps:

1. Tell girls that a percussion instrument is one that involves hitting something to make a noise. Ask girls if they know any percussion instruments. Explain that they are all going to make a percussion instrument of their own; either a drum, maraca, or rain stick.

2. Split girls into three groups. Have the girls in each group make one of the instruments below. If you would like, you can also have girls self-select which instrument they would like to make. Ideally, you should have multiple of each instrument.
3. Have an adult take each of the three groups and lead them through making their instruments using the directions below

Drum:

- Remove the lid of a large yogurt cup, butter tub, or similar container and stretch a balloon over the top opening.
- To decorate, girls can color a strip of construction paper and tape it around the outside of the container.
- Hit the top with hands or pencils to play.

Maracas:

- Have girls color the plate.
- Fold a paper plate in half. Staple the plate together on the edges, leave a small part unstapled.
- Pour dry beans into the opening and finish stapling the plate shut.
- Shake to play.

Rain Stick:

- Have girls color a paper towel tube.
- Cut two circles out of paper, large than the end of the tube. Attach one circle to one end of the tube with a rubber band.
- Cut two pieces of tin foil 6 inches wide and 18 inches long. Twist the foil into two springs and put them in the roll.
- Add beans to the roll and secure another construction paper circle to the other side.
- To play, slowly turn the roll end over end.

Activity #2: Practice, Practice, Practice

Badge Connection: Step 4—Make your own music

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.
- Decide how you would like the girls to perform and practice based on the choices in the activity description.

Materials Needed:

- Instruments from Activity #1
- Optional: Music player with music and speakers

Steps:

1. Explain to girls that they are going to perform their music for their family and friends. Describe to girls how they are going to practice and perform. You can choose for them before the meeting, have the girls choose, or give them a few choices and have them decide. While you can have the girls perform however you like, here are a few options:
 - Have girls split into groups (i.e. all of one instrument or one of each) and put together their own song to play.
 - Have the girls split into groups and choose a popular song they know to perform.
 - Keep group together and have them perform a popular song or perform with a song on the music player.
 - Keep the group together and experiment with different rhythms (i.e. different instruments can have different rhythms). Have an adult or girl be the “conductor” and lead the different beats.
2. Once girls are aware of what they are performing, have them put together and practice their song.

Activity #3: Snack Chat

Badge Connection: Questions link to multiple badge steps

Time Allotment: 15 minutes

Steps:

1. While enjoying snack, here are some things for girls to talk about:
 - a. Does anyone here play an instrument? How often do you practice?
 - b. Has anyone ever been to a musical performance? What did you see and what was your favorite part?
 - c. If you don't play an instrument, what is your favorite instrument to "play"?

Activity #4: Show Time

Badge Connection: Step 5—Perform your music

Time Allotment: 15 minutes

Prep Needed:

- Ask parents to come 30 minutes early to pick up their child so they can attend the performance.

Materials Needed:

- Musical instruments from Activity #1.

Steps:

1. Have one girl from each group explain what their instrument is, how they made it, and how to play it.
2. Have the girls perform the song they decided on for their families.

Wrapping Up

Time Allotment: 15 minutes

Materials Needed:

- Optional: Make New Friends printed on poster board

Steps:

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Sing "Make New Friends."

Make New Friends		
Verse One	Verse Two	Verse Three
Make new friends, but keep the old. One is silver, the other is gold.	A circle is round, it has no end. That's how long, I will be your friend.	You have one hand, I have the other. Put them together, We have each other.

3. After the song, ask everyone to be quiet.
4. Assign one girl to start the friendship squeeze by gently squeezing her neighbor's hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the girl who started, she says "Goodbye Sister Girl Scouts" and the girls unwrap and face outward instead of inward.
5. Optional: Have girls make a wish after their hand has been squeezed and before they pass the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

More to Explore

- Field Trip Ideas
 - Visit a music store that has listening devices and listen to different styles of music and non-traditional instruments.
 - Visit a store or factory that makes or repairs musical instruments and learn more about how some instruments are made.
- Speaker Ideas
 - Invite a musician to perform at your meeting.

Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email troopsupport@girlscoutsrv.org.

Family Follow Up Email

Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today making and performing our own music and earned the Musician Badge.

We had fun:

- Making our own percussion instruments.
- Practicing making music with our instruments.
- Performing music for our family and friends.

Continue the fun at home:

- Look online for more instruments you can make at home and make your own family band.
- Play different kinds of music so you and your girl can play along.
- Look through the *Girl's Guide to Girl Scouting* with your Junior to find other activities you can try at home.

Thank you for bringing your Junior to Girl Scouts!