



Junior Playing the Past Badge Activity Plan 1

Purpose: When girls have earned this badge, they'll know how girls of the past lived, worked and played.

Planning Guides Link: Healthy Living and Creativity

Fun Patch Link: Costume Party

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 Junior 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 Junior 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 Story—Tell It!*, completing two of these lesson 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 have explored daily life from at least one other historical time period.
- They have interacted with others as part of that time period.
- They have shared what they learned with others.

Tips and Tools

- Girls should never use (or even touch!) the stove, oven, knives or other kitchen appliances without an adult to help.
- 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 Skill-Building Badge set for the *It's Your Story—Tell It!* Playing the Past Badge, which can be used for additional information and activities.

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

3. Play Pyramid-chariot-palm tree.
 - First, practice the three symbols, all of which require three people:
 - Pyramid—The outside people face the middle person and lean forward with arms overhead, making the sloping side of the pyramid. The middle person crosses her arms over her chest as the mummy in the pyramid.
 - Chariot—The outside people face away from middle person and form chariot wheels by holding their arms elbows out as though they were carrying a beach ball. The middle person holds both hands in front of her as though holding onto the horse's reins.
 - Palm tree—The outside people hold their hands over their heads and lean to the outside. The middle person stands tall and holds both arms over her head, spreading them like palm fronds to either side.
 - Have the group form a circle with one person in the center as the spinner. The spinner closes her eyes and spins around with one arm pointing out. When she's ready, she stops, opens her eyes, and points at the person in front of her as she says the name of one of the three figures—pyramid, chariot or palm tree—and starts counting.
 - The pointed-to person becomes the middle person in that figure, and she and the people to either side of her must form the correct shape before the spinner counts to ten (for the first few times, practice without the counting). If everyone gets it right, the spinner has to try again. If someone gets it wrong, that person becomes the new spinner. If more than one person gets it wrong, whoever hasn't been in the middle yet is the spinner. If everyone gets it wrong, the spinner might have to count a little slower.

Activity #1: Personal Cartouche

Badge Connection: Step 1—Decide who you are

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.
- Optional: Make copies of a hieroglyphics alphabet and a large blank cartouche.

Materials Needed:

- Paper: scratch paper and paper for final name (blank cartouche)
- Drawing utensils

Steps:

1. Hand out scratch paper and drawing supplies.
2. Show the charts of hieroglyphs to the girls. Explain that this was the formal writing system used in ancient Egypt. Egyptians preserved many official records on temple and tomb walls and clay tablets. For a long time, however, people forgot how to read them. Part of figuring out the code was in recognizing the names of royal figures, which were always contained in a loop called a cartouche.
 - Hieroglyphs were not the only form of writing, especially for everyday writing, and ordinary people did not get their names written on temple walls, much less have them encircled with cartouches.
 - Hieroglyphs sometimes also stood for words or ideas rather than just letters; part of deciphering the language was to figure out which was being used at a given time. We won't worry about that for writing out names.
 - Even experts don't always agree on what ancient Egyptian sounded like. This is one version.
3. Since the Egyptians didn't have the same alphabet or sounds as we have, not everyone's name easily translates into hieroglyphic symbols. You should translate the sounds rather than the specific letters. Here are some things to note:
 - The Egyptians didn't always include vowels in their hieroglyphs, so sometimes there are disagreements about how words were said or spelled.
 - A soft "c" is the same as an "s" (but a "z"-like "s" is different), a hard "c" is the same as a "k," and a soft "g" is the same as a "j."
 - "F" and "v" are the same letter.
 - "X" is written by combining "k" and "s," and "qu" is a combination of "k" and "w" (unless it's pronounced as a "k" sound, as in "Monique").
 - The consonant "y" (like in "yes") and the short "i" sound "y" (like in "gym") are the same letter, but the long vowel (like in "cherry") uses the long "e" symbol.
 - "Sh" and "ch" have their own letters, rather than using two letters together.
 - There is no "th" sound, so you'll have to use "d" instead.
4. Suggest to the girls that they practice first on scratch paper to get the spacing right and practice drawing the symbols. Symbols can run left to right, top to bottom, or you can stack some on top of others to make it look nicer. Then, they are ready to draw on their cartouche. The figures should all be in dark outlines.
5. If they would like, girls can color in their figures at the end. Black or dark colors would be appropriate, or dark color outlined with gold (this is her royal name, after all!). Other colors that would fit well would be blue (either royal or turquoise) or deep red.
6. After girls have finished their personal cartouches, discuss:
 - Do you think this set of symbols represents you?
 - Is there some part of it you like best?
 - If you were to start your own company and you needed a logo, can you imagine using some or all of this as part of it?

Activity #2: Egyptian Style Necklace

Badge Connection: Step 2—Create a costume

Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies. If desired, pre-cut 24" of cord for each girl.

Materials Needed:

- Beads in the following colors: black, royal blue, light blue, red or maroon, gold
- Gold or black cord or hemp that fits inside the beads
- Clasp or closure (one per girl), or leave enough cord to make loop closures
- Pictures of ancient Egyptian jewelry
- Egg cartons cut in half or small shallow dishes for holding beads
- Optional: bead or charm (one per girl) with an ancient-Egyptian theme

Steps:

1. Ask the girls if they have any special clothes or jewelry that they don't wear on an ordinary day.
2. Present some pictures of ancient Egyptian jewelry. These are mostly examples of jewelry for special occasions, or for the wealthiest, or both. Our best records are of jewelry left in tombs, which are where people's most prized possessions were left. Ask girls if they notice any common themes in any of the jewelry.
 - For necklaces, the Egyptians often used a multi-strand close-fitting choker, a broad wide collar that was more like a scarf than a necklace (called a pectoral), or necklaces with many strands or interlaced threads hanging down. They often had wide, flat stripes of color made from either continuous flat pieces or many small beads of one color all stacked together.
 - They also concentrated on a few favorite minerals for gemstones: lapis lazuli, which is a deep blue with marbled effects; turquoise, which is the familiar turquoise light blue; jasper, a form of quartz in an opaque, dark brick red; and onyx, found in many colors but especially black. And, if could be afforded, it was all held together in gold.
3. For this example necklace, the colors of the beads match the minerals most common in this period in Egypt for expensive jewelry. Patterns were very consistent, with broad bands of each material, so girls should plan their pattern before beginning.
4. If you are using clasps, have the girls start by tying one end of their cord to the clasp. If not, have them tie off a small loop at one end before beginning with the beads. The buttons or beads that they use to make their enclosures should fit smoothly inside the loop; it should not be difficult to get undone.
5. They will need enough beads for at least eight inches of cord to be covered. Remind them to plan from beginning to end, so that they remember to attach their Egypt-themed bead or charm in the center if they use one.
6. At the end, tie off to the second clasp piece or tie the bead or button to the end, and have girls try them on!

Activity #3: Snack Chat

Badge Connection: Step 3—Experience daily life

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.
- See recipe page for recipes connected to Egypt and decide whether you want to make snack in advance.

Materials Needed:

- Dependent upon recipe choice

Steps:

1. While enjoying snack, here are some things for girls to talk about:
 - What do you know about where Egypt is located and how it is different from here, including the weather, plants and animals, size, its neighbors, etc.? What do you wish to know more about?
 - What do you think would be interesting or fun about living in ancient Egypt?
 - What might you not have liked so much?
 - What other recipes or foods does this snack remind you of?

Activity #4: Senet Game

Badge Connection: Step 4—Have some old-fashioned fun

Time Allotment: 10 minutes plus time at home

Prep Needed:

- Gather materials and supplies.
- Make copies of Senet board.

Materials Needed:

- Senet board pages

- Coloring utensils
- Optional (if time allows for girls to play the game): four matching tokens per girl and one and dice per pair

Steps:

1. Every girl has a favorite game. In this activity, girls will find out what kinds of things girls in other time periods did for fun.
2. Hand out example board pages and coloring supplies. Explain the game:
 - One of the first board games may be this one from ancient Egypt called Senet. Original boards have been found and paintings show people playing the game. Unfortunately, no one actually wrote out the rules. But we do know some of the game.
 - Each player had four tokens, and the goal seemed to be to get every token to move over all the spaces and get to the end. Instead of dice, they used throwing sticks with flat and rounded sides to give them a number of spaces to move.
 - Many games allow players to bump an opponent backwards or protect their own markers in groups, so we think that happened here, too. A player could land on an opponent to send them back a space, but if two of a player’s pieces were next to each other, the front one couldn’t be bumped and the would-be bumper had to go to the end of the line.
3. Instruct the girls to create a board with 30 spaces in three rows of ten. On the original game, there were special marks on space 15 (in the middle), on spaces 26 and 27, and countdown spaces labeled with symbols for 3, 2, and 1 on 28, 29, and 30.
 - Space 26 has a water symbol, and some people think landing on it sent the player back to space 15 (not all the way to the beginning, but still a penalty).
 - The countdown spaces may have meant that a player had to get exactly that number to peg out— that is, once the person landed on space 28, they only got to move off the board with an exact roll of three or they stayed put.
4. Ask the girls:
 - What rules would you add? Would you make the bumped piece go back to the beginning?
 - Would you add other marked spaces? What would they do?
 - Can you split your die roll between your pieces?
5. Have the girls put their name on their model Senet board and decorate as they choose. If you have time, they can try out their rules with dice and tokens before they go.

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 an historic site or event that includes re-enactors in costume.
 - Visit a museum exhibit on ancient Egypt.
 - Visit a local restaurant or grocery that includes Egyptian or Middle Eastern food.
- Speaker Ideas:
 - Connect with a local high school or community drama club and try out costumes and props for different eras.

Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email troopsupport@girlscoutsv.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 learning about daily life in ancient Egypt and are on our way to earning the Playing the Past Badge.

We had fun:

- Writing our names in hieroglyphics.
- Learning about traditions in Egyptian jewelry.
- Getting a taste of Middle Eastern foods and flavors.

Continue the fun at home:

- Play the Senet board game. Since no rulebook exists for this ancient game, modern players have proposed a number of ways of playing. Encourage your Junior to develop her vision and offer to play the completed version with her.
- Do some stargazing. The ancient Egyptians were among the first to keep accurate astronomical records. Start your own records with moon or star observations tonight.
- 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!

Supporting Documents for Playing the Past Badge Activity Plan: Ancient Egypt

Recipe Ideas

Beverages

Beverage suggestions include: pomegranate juice (or mix with equal parts lemon-lime soda or club soda), mint tea, hibiscus tea (or herbal tea blend including hibiscus, such as Celestial Seasonings' Red Zinger), or the Raspberry Mint Cairo Cooler below.

Raspberry Mint Cairo Cooler

- 1 cup fresh mint
- 2 ½ cups pineapple juice
- 1 cup frozen raspberries
- 3 oz. frozen limeade concentrate, thawed
- 16 oz. lemon-lime soda (or use club soda or sparkling mineral water for a less sweet version)

Muddle mint in bottom of large pitcher before adding other ingredients. Stir until thoroughly blended. Makes about six cups.

Snacks

Ready-to-go snack options include: hummus and pita, stuffed dates or dates rolled in coconut, cucumber slices and ranch (or yogurt-based) dip. Or, try the salad and appetizer recipes below.

Watermelon Salad

- 3 cups cubed watermelon
- 3 Tbsp. olive oil
- 2 Tbsp. chopped fresh mint
- ¼ c chopped basil
- 2 Tbsp. finely chopped flat parsley
- Salt and pepper to taste

Mix the dressing ingredients together and then toss with watermelon cubes in large bowl.

North African Spiced Snack Mix (make in advance—it requires one hour in the oven)

Obviously, the ancient Egyptians did not have Chex Mix. However, this is a great way to introduce the popular flavor combinations of fruits, nuts and spices.

- ½ cup butter
- 1 tsp. each seasoned salt, ground cumin, and ground coriander
- ½ tsp. cinnamon
- Optional: 1 tsp. dried mint

Melt butter with spices in large roasting pan.

- 8 cups cereal (suggested: 4 cups Corn Chex, 3 cups Rice Chex, and 1 cup Wheat Chex)
- 3 cups nuts such as almonds, pistachios, cashew pieces or your choice

Note: if a girl has nut allergies, check to see if sesame is okay before adding sesame sticks. Or, choose pretzels or a similar, crunchy-type snack to substitute.

Stir cereal and nuts into butter mixture until evenly coated. Spread out in roasting pan. Bake in oven at 250 degrees for one hour.

- 1 Tbsp. sesame seeds
- 1 cup chopped dried fruits—raisins, dates, apricots, figs, currants or your choice
- 1 tsp. ground ginger or 3 Tbsp. finely minced crystallized ginger

Add above to baked mix and stir to distribute. If desired, you may also add 3 Tbsp. honey for a sweetened mix. This recipe makes about 12 cups, which should be enough for at least 24 people.

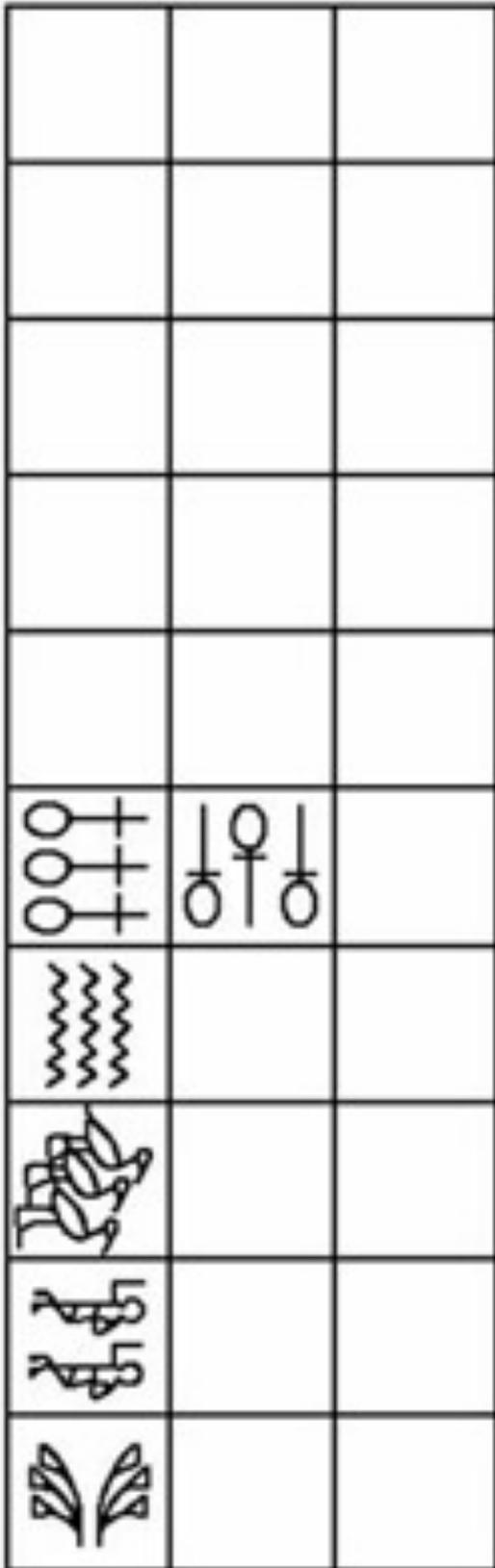
Ancient Egyptian Jewelry



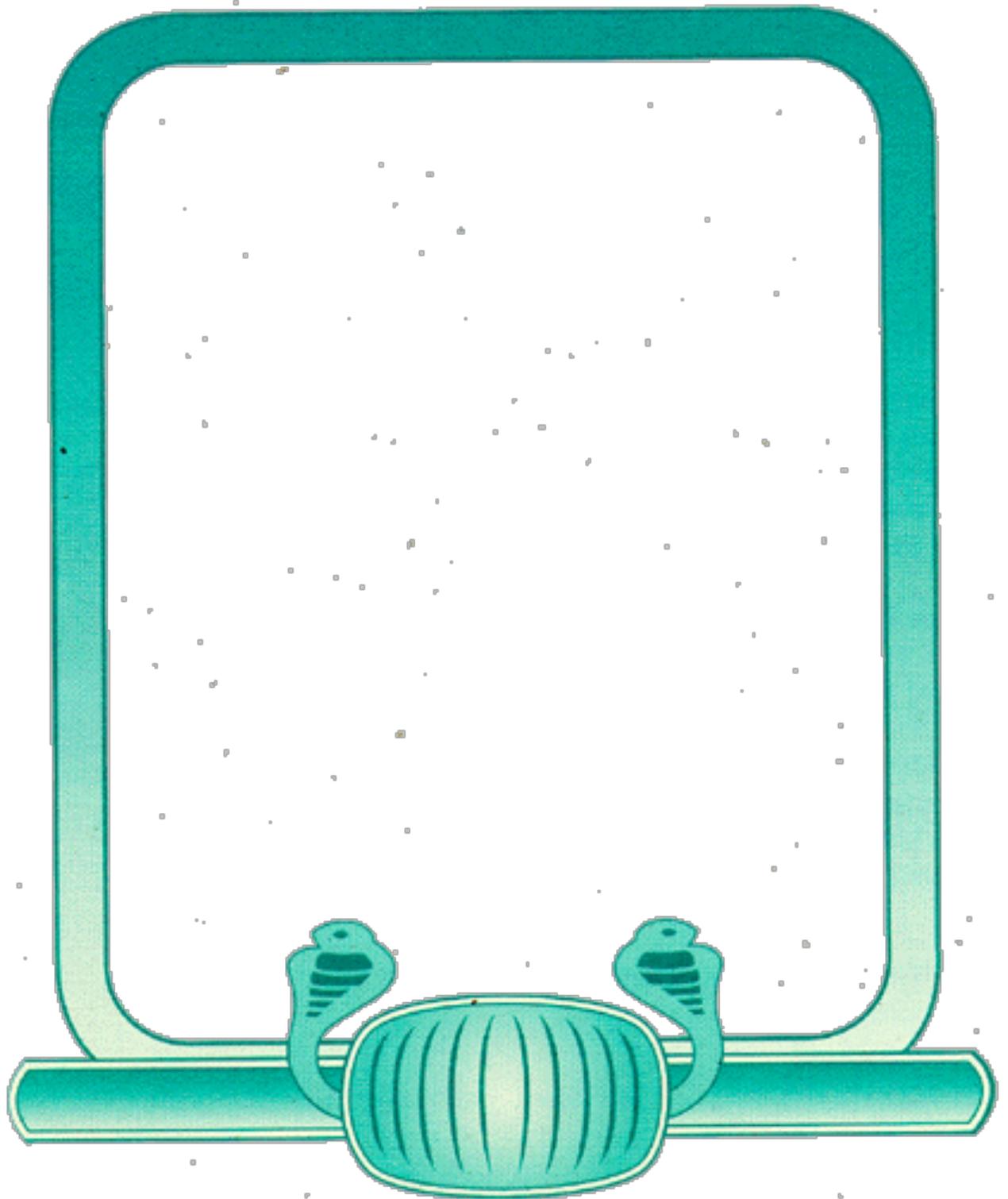
Bible History Online



Senet: An Early Egyptian Board Game

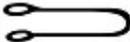


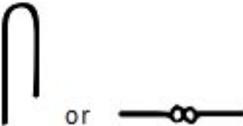
Cartouche: Royal Name Hieroglyphs



Hieroglyphic Chart

Use the table below to learn signs, their significance and what their shapes represent:

Sign	English Equivalent	Shape Representation
	A (as in water)	Arm
	A (as in bat)	Vulture
	B	Leg
	CH	Tethering Rope/Leash
	CH (like the German "ich")	Cow's Stomach
	D	Hand
	EE	Two Flowing Reeds
	F	Viper
	G	Jar Stand
	H	Hut
	I	Reed
	J	Snake

	K	Basket
	KH	Placenta
	L	Lion
	M	Owl
	N	Water
	OO	Quail Chick
	P	Stool
	Q	Hill
	R	Mouth
 or 	S	Linen
	T	Loaf of Bread

Note: You can add a figure of a man or woman to a name to signify a male or female name.