



## Brownie My Family Story Badge Activity Plan 1

**Badge Purpose:** When girls have earned this badge, they will know about their family story.

**Planning Guides Link:** Healthy Living and Creativity

**Fun Patch Link:** Family Tree

**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 Brownie 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 Brownie 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 *Brownie Girl's Guide to Girl Scouting*, 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 can tell someone their family story
- They understand that everyone has a different and special family story
- They learn to ask others about their family stories

### Tips and Tools

- Remember that everyone's family is different; be sensitive to the subject but allow girls to open up and feel safe in the group.
- 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 *Brownie Girl's Guide to Girl Scouting My Family Story* 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. Sing the Brownie Smile Song. Use repeat-after-me or sing as a group if girls know it by heart.

The Brownie Smile Song
I've got something in my pocket It belongs across my face I keep it very close at hand In a most convenient place I'm sure you wouldn't guess it If you guessed a long, long while So I'll take it out and put it on It's a great big Brownie Smile!

## Activity #1: Family Story Time—Get To Know Your Leader

Badge Connection: Step 1— Explore family stories

Time Allotment: 10 minutes

Prep Needed:

- Think about your family story, including where your family is from, traditions and fun stories from growing up. Prepare to tell the girls your story.
- Optional: Gather pictures or other mementos to share with the girls as you tell your family story.

Materials Needed:

- Optional: Pictures or other mementos to share with the girls

Steps:

1. Gather the girls in a circle and explain that today is all about family stories.
2. Tell the girls a story about your family, including family traditions and good memories you have.
3. Consider allowing girls to ask questions about your story. This will help prepare them for Activity #2: Interview your Brownie Sister.

## **Activity #2: Interview Your Brownie Sister**

Badge Connection: Step 5—Share your family story

Time Allotment: 15 minutes

Prep Needed:

- Make a list of questions for the girls to ask each other (see Step 2 below for examples).
- Write the list of questions on a whiteboard or large piece of paper.

Materials Needed:

- List of questions for the girls to ask each other

Steps:

1. Split girls into pairs, trying to partner girls that might not know each other very well.
2. Have girls ask each other questions about their family. For example:
  - Do you have siblings? What are their names?
  - Where do your aunts and uncles live?
  - What is one holiday your family celebrates?
  - Does your family make special food on that holiday?
  - Do you know where your family is from?
  - What is your favorite thing to do with your family?
3. Gather back together and have each girl share her Brownie sister's story with the group. After each story is told, the group should clap (this will encourage girls to be brave and tell their stories).

## **Activity #3: Unique Snack Mix and Snack Chat**

Badge Connection: Step 3—Make a story tree

Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies.
- Put each snack item into a separate bowl.

Materials Needed:

- Assorted snack items for trail mix
- Large bowls or cups for snacks
- Spoons or cups to scoop snack items
- Paper bowls and napkins
- Sink and soap to wash hands or hand sanitizer

Steps:

1. Allow each girl to create her own unique snack mix from anything that is available on the snack table. To limit how much girls take, you can tell them they only get a certain number of scoops.
2. Once the girls are done creating the snack, explain that every snack mix is different; even the same ingredients are included, there are different amounts of everything. This is just like a family story; every family is different and unique.
3. While enjoying their snack, encourage girls to share stories about their families.
  - What is your favorite family vacation?
  - What is your favorite family memory?
  - Does your family have any funny stories?

### Activity #4: Troop Family Tree

Badge Connection: Step 5—Share your family story

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.
- Draw the trunk and branches of a tree on poster board. Inside the trunk of the tree write the Girl Scout Promise.

Materials Needed:

- Coloring utensils
- Construction paper
- Scissors
- Poster board
- Glue or tape

Steps:

1. Explain to girls that together they will create a troop family tree.
2. Have girls cut out a large leaf out of construction paper. Then have girls draw or write about themselves on their leaf.
3. Have each girl tape or glue her leaf onto the poster board so that all the girls together create one troop family tree.

### 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 a 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 zoo and look at the animal families. Talk to a zoologist about the different relationships that various animals have with their family members.
  - Invite family members to go on a field trip and share family stories on the way.
- Speaker Ideas:
  - Invite a storyteller, author or librarian to talk about the importance of stories.
  - Invite family members to talk about their family stories.

## 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](mailto:troopsupport@girlscoutsrv.org).

**Family Follow Up Email:** Use the email on the next page 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 family stories and are on our way to earning the My Family Story Badge.

We had fun:

- Getting to know one another better through family stories
- Interviewing each other about our family
- Creating a snack mix that represented our unique families

Continue the fun at home:

- Tell your Girl Scout more stories about her family.
- Encourage her to share her story with others.
- Explore the culture of your family.
- Look through the *Girl's Guide to Girl Scouting* with your Brownie to find other activities you can try at home.

Thank you for bringing your Brownie to Girl Scouts!