

CADETTE NIGHT OWL BADGE – MEETING 2

Badge Purpose: When you’ve earned this badge, you’ll have uncovered the mysteries of the world after dark.

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
5 minutes	Getting Started + Scheduling After Dark <ul style="list-style-type: none"> Begin the meeting by reciting the Girl Scout Promise + Law. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
10 minutes	Night Shift <ul style="list-style-type: none"> Explore jobs that happen when most people are sleeping. 	<input type="checkbox"/> Phone or computer with internet access <input type="checkbox"/> Journal or notebook <input type="checkbox"/> Writing utensils
10 minutes	Lights Out <ul style="list-style-type: none"> Power down your lights and electronics to see what it’s like working, eating, and playing in the dark. 	<input type="checkbox"/> Flashlights <input type="checkbox"/> LED tea lights <input type="checkbox"/> Mason jars <input type="checkbox"/> (Optional) Candles and matches
25 minutes	Eyes in the Dark <ul style="list-style-type: none"> Learn about nocturnal animals, and go on a night hike to “find” some. 	<input type="checkbox"/> Photos of nocturnal animals (from library books) <input type="checkbox"/> Small poster boards <input type="checkbox"/> Markers <input type="checkbox"/> Scissors <input type="checkbox"/> Tinfoil <input type="checkbox"/> Tape <input type="checkbox"/> Flashlights <input type="checkbox"/> (Optional: glow-in-the-dark markers or paint) <input type="checkbox"/> (Optional) Bug spray
20 minutes	Flashlight Tag <ul style="list-style-type: none"> Play an old-fashioned game of flashlight tag in the dark. 	<input type="checkbox"/> Flashlights <input type="checkbox"/> (Optional) Bug spray
15 minutes	Legendary Snack Chat <ul style="list-style-type: none"> While having a healthy snack, discuss the legends behind some star constellations, and come up with your own. 	<input type="checkbox"/> Constellation legends (from a library book or online) <input type="checkbox"/> Journal or notebook <input type="checkbox"/> Writing utensils <input type="checkbox"/> Constellation scopes (from Meeting 1) <input type="checkbox"/> Healthy snack
5 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends lyrics poster



Getting Started + Scheduling After Dark

Time: 5 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.

For most of these badge activities, you'll need to meet after dark. Be sure to only head outdoors at night with a group of friends and a trusted adult.

Activity #1: Night Shift

Time: 10 minutes

Badge Connection: Step 3 – Meet people who work night hours

Materials Needed: Phone or computer with internet access; journal or notebook; writing utensils

1. Have you ever heard that we have internal “clocks” that help us fall asleep and wake up at approximately the same time each day, even without an alarm clock? There are certain stages in human development that require more sleep than others (babies, kids, and teens need more sleep than adults), but generally, we can pretty reliably fall asleep and get up on a schedule. This is called a circadian rhythm. Light plays a huge role in our wake/sleep cycles too—we naturally want to wake up and fall asleep based on the amount of available daylight.
2. But what about the people who work night shift jobs? How do you think they manage to be awake on an opposite schedule from everyone else, so they can go to work at night? Can you just push a button in your brain to change your circadian rhythm?
3. Split up into pairs and explore one of the night shift jobs listed below (or another night job not listed here). Go online and do some research, or find out if anyone has personal experience with one of the jobs (maybe a family member works in one of these fields). Write down what you find out in a journal or notebook.
 - Baker
 - Security guard
 - Radio DJ or news anchor/reporter
 - Hospital worker
 - Police officer
 - Mail carrier
 - Airline pilot or staff
 - Delivery driver
4. Share what you learned with the group. Would *you* want to work the night shift? Why or why not?

Activity #2: Lights Out

Time: 10 minutes

Badge Connection: Step 5 – Host an Extreme Nighttime Party

Materials Needed: Flashlights; LED tea lights; mason jars; (optional) candles and matches

Prep Needed:

- Find out if anyone in your group is scared of the dark before turning out the lights. Be sure that they feel safe and have access to a light source like a flashlight.
1. The Electric Age—when electricity and lights came on the scene—has allowed human progress to grow at an exponential rate. Before electricity, people would naturally “power down” at night when the sun set, and most types of work would quit for the night. Since our circadian rhythms respond to the amount of available daylight, people used to get tired earlier when they only had candlelight in the evenings after the sun went down.
 2. Imagine what it would be like to not use electricity for an evening. Do you think you could do it?
 3. For this activity, turn out the lights! You can keep them off for the remainder of your meeting, or just for a short amount of time. Light some candles (with a trusted adult), or use LED tea lights in mason jars to light your space. How does the change in light affect your meeting?



4. Turn off all other personal electronic devices too. How will you cook food or entertain yourselves? Is it harder or easier to skip using electricity?
5. Now think about other parts of the globe that have dramatically different daylight hours. Alaska and Norway, for example, both have midnight sun (when the sun only sets for an hour or two each day!) and noontime moon (when the sun barely rises and is only up for an hour or two each day!). How do you think you'd fall asleep if the sun didn't set until 11:30pm?
6. Using the candlelight or flashlights, record your thoughts and feelings about going "lights out" in a journal or notebook.

Activity #3: Eyes in the Dark

Time: 25 minutes

Badge Connection: Step 2 – Tour your world after dark and Step 4 – Explore nature at night

Materials Needed: Photos of nocturnal animals (from library books); small poster boards; markers; scissors; tinfoil; tape; flashlights; (optional) glow-in-the-dark markers or paint; (optional) bug spray

1. Some animals have the "night shift" all the time! Nocturnal animals sleep by day and are awake by night. These animals have developed special reflective eyes for seeing in the dark.
2. Research nocturnal animals and find photos showing their reflective eyes. Choose an animal to draw on your poster board. Be sure that the animal's eyes are showing.
3. Next, carefully cut out the animal's eyes on the poster board using the scissors. Tape pieces of tinfoil behind the eye holes on the poster board.
4. Choose a location on a trail outside, or in a backyard or field. Have a trusted adult take your poster boards outside to position the animals along the trail or around the area.
5. Grab your flashlights and go out for a night walk together with your trusted adult. Shine your flashlight all around until you find all the animals. The tinfoil you used on the poster board will mimic how their reflective eyes would appear if you really met the animal on the trail at night.
6. Discuss what you would *really* do if you met those animals on a trail. A mouse? It would be gone before you could say "cute!" A skunk? You'd want to back away slowly and not make any sudden moves!
7. Talk about animal encounters you've had. Have you ever been spooked by a pair of glowing eyes in the bushes only to find out that it was just a domestic cat? How do you think this trait of reflective eyes helps nocturnal animals see better at night?

Activity #4: Flashlight Tag

Time: 20 minutes

Badge Connection: Step 2 – Tour your world after dark and Step 4 – Explore nature at night

Materials Needed: Flashlights; (optional) bug spray

Prep Needed:

- Check out your playing area during the day, so you know what to expect before you go at night.
- Be sure to go in a group and bring at least one trusted adult.

1. Flashlight tag is lot more like hide-and-seek than the usual running tag.
2. Designate a person to be "it" and have everyone else scatter and find a good hiding spot in the dark.
3. The person who is "it" should use a flashlight to scan the area for the others. When someone is found, the person who is "it" only needs to "tag" the person with their flashlight beam, instead of chasing them all around.
4. When someone is tagged with the flashlight beam, they become "it" (be sure to give them the flashlight next!).



Activity #5: Legendary Snack Chat

Time: 15 minutes

Badge Connection: Step 5 – Host an Extreme Nighttime Party

Materials Needed: Constellation legends (from a library book or online); journal or notebook; writing utensils; constellation scopes (from Meeting 1); healthy snack

Prep Needed:

- Research a legend (story) behind a constellation to share with the group. It could be the story of Orion's belt or Cassiopeia's beauty, or any other constellation!
- 1. Ancient cultures looked up to the stars and saw patterns. Stories came out of those patterns and those stories turned into legends as they were passed down through the generations. We still tell some of those same stories today when we look at the stars!
- 2. While having a healthy snack, take turns sharing legends from the constellations. Use your constellation scopes from Meeting 1 to inspire you.
- 3. In your journal or notebook, can you come up with a new legend from a star pattern you observed? Or an updated legend for an existing constellation? See how creative you can get with re-writing constellation stories!
- 4. Share your new stories with each other.

Wrapping Up

Time: 5 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

- Field Trip Ideas:
 - Reserve a River Valleys Troop House or camp: camp.girlscoutsvr.org/rentals/
 - Try backyard camping to see stars and explore the night world.
 - Turn this badge into an overnight slumber party.
- Speaker Ideas:
 - Invite someone who works a night shift job to come to your meeting and tell your group about what it's like to work an opposite schedule from most people.
 - Invite a park ranger or other naturalist to your meeting to learn about nocturnal animals.

