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Allina Health 

Junior Independence Badge Activity Plan 1

Purpose: When girls have earned this badge, they'll have confidence doing things on their own and will know how to help others have confidence in them.

Planning Guides Link: Healthy Living and Creativity

Fun Patch Link: You Go Girl!

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 Planet—Love 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 know what being independent means
- They can take responsibility for themselves and their actions
- They can show their independence by helping others

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

- Allina Health's Health Powered Kids program provides additional lesson plans that go along well with this badge, including "Mental Remix" and "What Did You Really See?".

To use these plans:

- Visit healthpoweredkids.org
- Log in using:
 - Username: gsrv
 - Password: allinahealth
- Find lessons for this badge on the Girl Scouts page.
- This activity plan has been adapted from the Junior Skill-Building Badge set for the *It's Your Planet—Love It!* Independence 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.

Activity #1: Growing Up is Hard to Do

Badge Connection: Activity links to badge topic.

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Paper
- Writing utensils (markers, pens, pencils)
- Optional: Tape or hole punch and brass fasteners or string

Steps:

1. Give each of the girls six pieces of paper. Have them write the following age ranges on each sheet (one age range per sheet):
 - Baby/toddler
 - Elementary school
 - Junior high or middle school
 - High school
 - College
 - Adult
2. On each sheet of paper, ask the girls to write down skills that they had/have/or might have at each age and things that they can or cannot do on their own. As they progress through the ages, they should include responsibilities they anticipate having when they grow up. Girls can express these items with words and/or pictures.
3. After they are done, girls can either tape the sheets up together to make a personal timeline or create a booklet with a hole punch and fasteners/string.
4. Ask the girls what they think it will take for them to achieve these skills and what it means to be more responsible. It all leads to being an independent person!

Activity #2: Let's Plan a Trip!

Badge Connection: Step 1—Get transportation smart

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.
- This activity calls for public transit schedules and/or maps. You can go to your local public transportation center or the public transit website to get copies of maps and schedules. If your area does not have its own public transportation system, you can use another city's public transit information by searching for it on the web or by visiting a local library or travel agency website. Or, use the example provided in this activity plan.

Materials Needed:

- Copies of public transit maps and schedules (see example at end of activity plan)
- Paper
- Writing utensils

Steps:

1. Reflect with the girls on Activity #1 and how getting around by themselves is a big part of becoming independent. Ask the girls to think about different ways they get from place to place from the time they are a baby to when they are an adult. Who plans the trip and how do they know how to get there?
2. Ask the girls if any of them have used public transportation before. How did it work?
3. Tell girls that they are going to plan an imaginary trip around town and will visit two–three different places they choose.
4. Divide the girls into small groups or pairs. Instruct the girls to create a story about where they are going and why they have to go there. For example:
 - “I have tickets to the theater tonight at 7 p.m. I need to go to the mall to get a new dress, go to a restaurant for dinner and then go to the theater for the show.”
5. Girls should then use the maps and schedules to help plan their trip. (Note: The destinations don't have to really be in a certain place on the map. Girls can choose a location or intersection and pretend that a specific destination, such as the theater, is at that location.)
6. The girls should also think about how much public transportation costs and how much money they will need to bring. They should also consider how much time it will take to complete their trip.
7. After their trip plan is complete, groups/pairs can share their trips with each other and explain why they chose that route to their specific destinations.

Activity #3: Watch Out Fashion, Here I Come!

Badge Connection: Step 2—Make your clothes look great

Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies. Most items can be found at fabric or craft stores like Jo-Ann Fabrics or Michael's.
- Ask parents/guardians to send an article of clothing that needs mending to the meeting (e.g. their girl's button-up shirt with a missing button or her pair of pants with a small hole). The items should still fit the girls and they should be items that parents would allow their girls to decorate or alter.
- Bring a few extra clothing or accessory items that fit the activity in case anyone forgets (e.g. a girl's bandana, a t-shirt or some clean socks).

Materials Needed:

- Sewing needles
- Thread
- Tacky Glue or fabric glue
- Scrap fabrics or patches
- Buttons (different colors, shapes and designs)
- Optional: Sequins, embellishments, fabric paint or fabric markers
- Optional: iron-on fabric patches that can be substituted for scrap fabric, and an iron

Steps:

1. Ask the girls if anyone has ever had a button fall off their shirt or if they have ripped a hole in their jeans. Tell the girls that an important part of being independent is taking charge of their wardrobe by fixing fashion mishaps and creating their own personal styles. This activity will teach them how to do just that.
2. Have the girls patch up the holes in their pants or replace buttons on their shirts.
3. Optional: Girls can use other fabric or craft accessories like jewels, sequins, fun buttons, scrap fabric, or fabric paint/markers to change the look of their clothing item/accessory and create their own styles.

Activity #4: Snack Chat

Badge Connection: Questions link to multiple badge steps

Time Allotment: 10 minutes

Steps:

1. While enjoying snack, here are some things for girls to talk about:
 - Have you ever planned an imaginary trip to a far off place? Where would you go?
 - Is there anything that your parents do for you that you want to try and do by yourself?
 - Have you ever organized anything at home for yourself or someone else? What was it?
 - Now that you are your own fashion designer, what would you do if a family member got a hole in a favorite pair of jeans?
 - What is one thing that you can do at home or at school that will show others how to be independent (e.g. make your bed, do your own laundry and clean your own dishes)?

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:
 - Take a trip on public transit. Let the girls plan the itinerary and determine which route would be the most cost-effective and time efficient.

- Visit a central bus or train station to see how everything works.
- Take the girls to a shelter or food kitchen to volunteer and learn how to wash dishes or launder the tablecloths.
- Speaker Ideas:
 - Invite a public transit employee to come talk about the benefits of public transportation for people who don't have vehicles or choose not to drive.
 - Invite a travel planner to come to your meeting to discuss what they do for their job and how travel allows people to explore their independence.
 - Invite a small business owner to talk about what it means to run a business and how independence is important.

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 how to become more independent and are on our way to earning the Independence Badge.

We had fun:

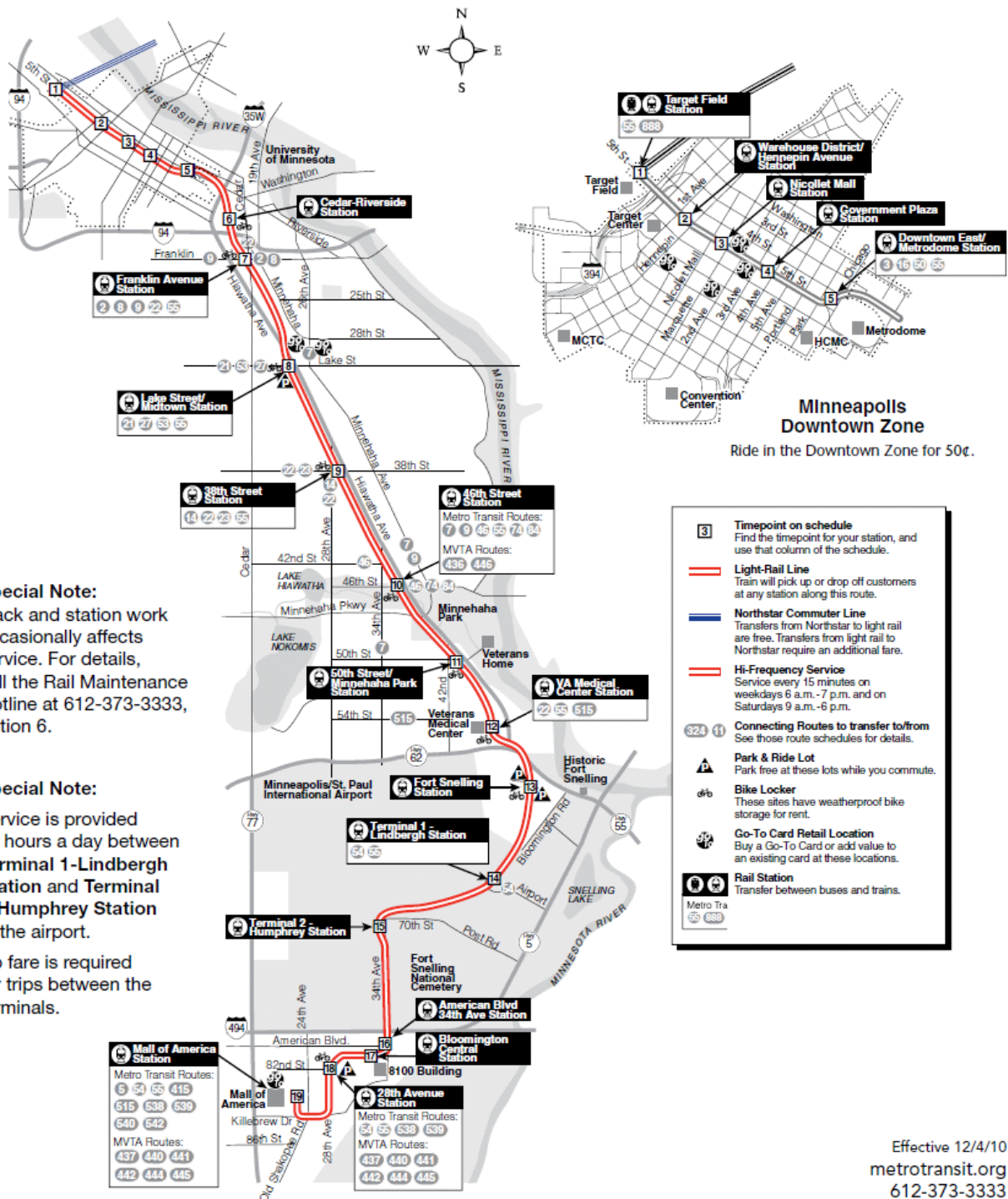
- Learning about how we become more independent as we grow older
- Exploring ways to get around by ourselves through imaginary trip planning
- Becoming fashion designers who take charge of our own wardrobes by fixing fashion mishaps and creating personal style

Continue the fun at home:

- Help your Girl Scout become more independent by helping her do her own laundry.
- Have your Girl Scout plan a day outing for the family.
- 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!

Hiawatha Light-Rail Line



Example of a transit map from www.metrotransit.org