

BROWNIE HOUSEHOLD ELF BADGE – MEETING 1

Badge Purpose: When girls have earned this badge, they'll know how to make their home clean and green.

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Girls recite the Girl Scout Promise + Law and sing the Brownie Smile song. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster <input type="checkbox"/> (Optional) Brownie Smile song lyrics poster
15 minutes	"Energy Eater" Hunt <ul style="list-style-type: none"> Girls will investigate their meeting space to find ways to save energy. 	<input type="checkbox"/> "Energy Eater" cards (one for each group of 2-3 girls) <input type="checkbox"/> Writing utensils
10 minutes	Sing in the Shower <ul style="list-style-type: none"> Girls sing their favorite songs to time their showers and reduce water usage. 	<input type="checkbox"/> Stopwatches, watches with second hands, or other time-keeping devices <input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils
15 minutes	Snack Chat <ul style="list-style-type: none"> Girls enjoy snack and discuss ways to save energy, save water, and re-use items. 	<input type="checkbox"/> Healthy snack
15 minutes	Green Shopping Bags <ul style="list-style-type: none"> Girls will make and decorate reusable bags out of old pillowcases. 	<input type="checkbox"/> Old light-colored pillowcases (one per girl) <input type="checkbox"/> Fabric markers <input type="checkbox"/> Acrylic paint <input type="checkbox"/> Sponges <input type="checkbox"/> Sharp scissors <input type="checkbox"/> Long strips of fabric <input type="checkbox"/> Tablecloths or newspaper to cover tables
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends song lyrics poster

Getting Started

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster and (optional) Brownie Smile song lyrics poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law, and sing the Brownie Smile song.



Activity #1: “Energy Eater” Hunt

Time: 15 minutes

Badge Connection: Step 1 — Save energy

Materials Needed: “Energy Eater” cards; writing utensils

Prep Needed:

- Print out the “Energy Eater” cards in the Resources section (one card for 2-3 girls) and remove any cards that are not applicable to your meeting space. If needed, print multiple sets or write your own ideas on additional cards.
1. Divide girls into groups of two–three. Give each group an “Energy Eater” card.
 2. Explain to the girls that they’re going to work as a group to figure out how they can save energy at your group meetings. Give the girls a few minutes to find the places (if any) in your meeting space that are the “energy eater” on their card. They can mark on the card to keep track.
 3. After they have checked the whole meeting space, have the girls talk in their groups about what changes can be made to save energy.
 4. Have girls take turns sharing what they found and their ideas for solutions.

Activity #2: Sing in the Shower

Time: 10 minutes

Badge Connection: Step 2 — Save water

Materials Needed: Stopwatches/watches with second hands/other time-keeping devices; paper; writing utensils

1. Split girls into groups and give each group a stopwatch/time-keeping device.
2. Explain that you can save water by taking shorter showers. Often, people lose track of time in the shower and waste water. Girls can keep their showers shorter by singing their favorite songs.
3. Have girls take turns timing how long it takes each girl to sing her favorite song.
4. Once everyone knows the length of their songs, have them use the pen and paper to figure out how many times they have to sing the song to time out a three-minute shower.
 - For example: If it takes a girl 30 seconds or .5 minutes to sing her favorite song, she would sing it six times in a three-minute shower (3 minutes/.5 minutes = 6 times).

Activity #3: Snack Chat

Time: 15 minutes

Badge Connection: Multiple badge steps

Materials Needed: Healthy snack

Prep Needed:

- Buy locally-grown produce for the girls to enjoy for snack, if possible
1. Have girls wash their hands for snack. Tell them to practice saving water by turning the faucet off while they are lathering up their hands with soap. They can ask a friend to turn it back on (or, if they’re up for a challenge, they can try to use their elbows!)
 2. Have each girl get her snack. While enjoying snack, here are some things for girls to talk about:
 - We learned ways to save energy at our meeting place. Are there other ways you can think of to save energy at home or school?
 - If the snack is locally grown, share that local food saves energy and often tastes better, as well.
 - Are there other ways you can brainstorm to save water at school or home?
 - Have you ever reused something for another purpose? What was it and how?
 - What other items around your home do you think you could reuse instead of throwing away?



Activity #4: Green Shopping Bags

Time: 15 minutes

Badge Connection: Step 3 — Go natural and Step 4 — Reuse or recycle

Materials Needed: Old pillowcases (one per girl); fabric markers; acrylic paint; sponges; long strips of fabric; sharp scissors; tablecloths or newspaper to cover tables

Prep Needed:

- Ask families to bring an old pillowcase for their girl to use, or check out a local thrift store for inexpensive options.
 - The long strips of fabric will be used as the handle for the bag, so make sure these are sturdy enough to carry the weight of the contents of the bag. We suggest braiding a few strips of fabric together to make the handle stronger.
 - See the end of the activity plan for picture instructions for the shopping bag.
1. Explain to girls that plastic bags not only take energy to make, they also end up in landfills and the ocean where they harm the environment. Explain that they are going to make reusable bags out of old pillowcases. Then, they'll not only use fewer plastic bags, they'll also keep the pillowcase out of the garbage.
 2. Lay the pillowcase flat with the open end facing towards you. Take the open-ended side of the pillowcase and fold it about halfway up (towards the close-ended side of the pillow case).
 3. Give the girls some time to decorate their pillowcases. They can use the fabric markers or use the sponge and acrylic paints to make patterns on their bags. Encourage girls to incorporate some of the things they've learned about saving energy into their bag design.
 4. After the girls are done decorating their bag (if they used paint, allow some time for the paint to dry), attach the strap. Cut small holes on both sides of the pillowcase where the open end meets the back layer. String the strap through both holes and secure with a knot.
 5. Now, turn the bag over. Bring the two bottom corners together. Attach them by cutting a small hole in each corner and knot them together with a small piece of fabric.
 6. Encourage the girls to keep track of how many times they use their "new" bag rather than a plastic bag.

Wrapping Up

Time: 15 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:
 - Visit a local or state park and learn about maintaining natural resources.
 - Visit a water treatment plant to see what it takes to get dirty water clean again.
- Speaker Ideas:
 - Invite a sustainable farmer to talk to your troop about how they conserve resources when growing food.
 - Invite a natural resources or forestry employee to talk to your troop about their job and why it's important to conserve resources.



Energy Eater Cards

<p>Electronics that are left turned on, but are not in use</p> <p><i>Hint: The worst offenders are computers.</i></p>	<p>Doors that leak air</p> <p><i>Hint: If light can get through the cracks, so can air.</i></p>	<p>Lights that are left on when not in use</p>
<p>Windows that leak air</p> <p><i>Hint: Try feeling for air leaking through.</i></p>	<p>Traditional light bulbs</p> <p><i>Hint: Ask your leader what a new, energy efficient light bulb looks like.</i></p>	<p>Electronics that are off, but still plugged in and using power</p> <p><i>Hint: Things with remote controls use the most power when off because they're waiting for the remote to send a signal.</i></p>
<p>Appliances (refrigerator, stove) made before 1994.</p> <p><i>Hint: Look around the outside and inside of the object for a date. Does it look old?</i></p>	<p>Air conditioning or heating turned on in rooms that aren't being used</p>	<p>Air vents blocked</p> <p><i>Hint: Check behind curtains, drapes, under furniture and under rugs.</i></p>
<p>Summer: Window shades open during the day or closed at night Hint: Shades block light and trap heat.</p>	<p>Winter: Window shades closed during the day or open at night.</p> <p><i>Hint: Shades block light and trap heat.</i></p>	



No-Sew Reusable Tote Bag

DIY: No-Sew Tote Bag

FROM A PILLOW CASE



(Source: cremedelacraft.com/2012/05/diy-no-sew-tote-bag-from-pillow-case.html)

