



Playing the Past

Dream up a character and get ready to bring history to life! Design your costume, experience life in a different time, have some old-fashioned fun, and then share what you learned from playing your character.

Program Grade Level: Girl Scout Junior

School Grade(s): 4–5

Program Essentials Focus Area: Healthy Living and Creativity

Program Duration: 2 hours

Optimal Setting: Locations with large tables and large open areas

Optimal Group Size: 25–75 girls

Learning Objectives:

Girls will gain knowledge of a time period in history by:

- Picking a character from that time period
- Creating a costume for a character
- Doing daily and fun-time activities from that character's life
- Becoming the character

Program Portfolio Links: Playing the Past Junior Badge

Award Requirements Met:

Step 1 – Decide who you are

Step 2 – Create a costume

Step 3 – Experience daily life

Step 4 – Have some old-fashioned fun

Step 5 – Become your character

Outcome Indicators:

Girls develop strong sense of self

Girls seek challenges in world

Girls promote cooperation and team building

Girls identify community needs

Girls gain practical life skills

Girls develop healthy relationships

Girls can resolve conflicts

Girls are empowered to make a difference

Program Overview

Time Allotment for Activity	Activity	Materials Needed
10 Minutes	Welcome and Introductions	<ul style="list-style-type: none"> • Name tags • Writing utensils
15 minutes	Activity #1: Welcome to our world <ul style="list-style-type: none"> • Girls learn about a period in history that they will be creating a character from. 	<ul style="list-style-type: none"> • Background information • Historical artifacts
15 minutes	Activity #2: Who am I? <ul style="list-style-type: none"> • Girls create a character from their time period. 	<ul style="list-style-type: none"> • Background information • Who Am I? worksheets • Writing utensils
20 minutes	Activity #3: Look the part <ul style="list-style-type: none"> • Girls will learn about the clothing of their time period and choose a costume. 	<ul style="list-style-type: none"> • Background Information • Materials vary depending on activity chosen
15 minutes	Activity #4: Live the part <ul style="list-style-type: none"> • Girls will participate in an activity from the time period of their character. 	<ul style="list-style-type: none"> • Background Information • Materials vary depending on activity chosen
15 minutes	Activity #5: Old-fashioned fun <ul style="list-style-type: none"> • Girls will participate in a fun-time activity from their time period. 	<ul style="list-style-type: none"> • Background Information • Materials vary depending on activity chosen
20 minutes	Activity #6: Have a history party <ul style="list-style-type: none"> • The girls share their characters with each other. 	<ul style="list-style-type: none"> • Background Information • Materials vary depending on activity chosen
10 minutes	Clean-Up/Final Reflection	

Possible Adaptations (special needs, materials, etc.):

- 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.

Notes to the Facilitator:

- This is meant to be a curriculum guide to structure a Playing the Past Badge Day. The program can be altered and expanded based on availability of materials and time. Portions of the materials may also be made into a take-home activity for girls. To earn the badge, girls must complete the five badge steps listed above.
- A take-home sheet for leaders is attached to this document. This can be customized based on what activities are chosen and what needs to be completed at home.
- Before starting the curriculum, you will first need to choose a time period to base your event in. All activities will be based in that time period.

Activity #1: Welcome to our world

Background Information:

Insert background information about your time period here.

Time Allotment: 15 minutes

Prep Needed:

- Choose a time period that you wish to focus the event on.
- Become familiar with the period being covered, including the roles of women.
- Gather background information, artifacts, pictures, and/or clothing from the time period.

Materials Needed:

- Background information on your time period/location
- Artifacts from your time period such as: pictures, newspaper clippings, books, stories, or clothing/accessories

Steps:

Lead an activity to teach the girls about the time period they will be discussing. Ideas for this activity are:

- Talk about the time period using your background information, and present the artifacts to the girls.
- Make a scavenger hunt about the artifacts you brought. Give the girls a few minutes to look through and read the artifacts, and complete the scavenger hunt.
- Have women dress in period costume and embody specific characters from that time period.
- Host a panel interview with the women. Include pre-written questions and allow the girls to ask questions as well.

Activity #2: Who am I?

Background Information:

Include background information about the life of women from your time period.

Time Allotment: 15 minutes

Prep Needed:

- Research the lives of different types of women in your time period including general types and/or famous women from this period.

Materials Needed:

- Background information about the women of your time period.
- "Who am I?" worksheets (one per girl, see activity resources)

Steps:

1. Have girls split into groups based on what type of women from the time period they would like to become.
2. Have helpers lead small group discussions to help girls complete their "Who am I?" worksheets. They should discuss what kinds of names these women had, what kind of activities/duties they participated in, what kind of clothes they might wear, what kind of house they might live in, etc.
3. Have girls complete their worksheets based on the characters they choose.

Activity #3: Look the Part

Background Information:

Insert information about clothing in your time period.

Time Allotment: 20 minutes

Prep Needed:

- Choose an activity from the list below based on your available resources, or design your own activity.
- Gather needed background information.
- Gather materials based on your chosen activity.

Materials Needed (this will vary based on your activity chosen):

- Costumes from your time period
- Pictures/drawings of clothing from your time period, coloring utensils, paper
- Pictures/drawings of accessories (e.g. hats, jewelry) from the time period, construction paper, coloring utensils, string, glue, scissors, etc.

Steps:

Lead the girls in an activity about the clothing in the time period:

1. Have girls choose a costume that her character would wear.
2. Have the girls look through common clothing from the time period and draw/color a design (or paper doll) of their character.
3. Have girls look through pictures of accessories from their time period and make their own accessories using the provided craft materials.

Activity #4: Live the Part

Background Information:

Insert background information about your activity and/or daily life from your time period.

Time Allotment: 15 minutes

Prep Needed:

- Research daily activities for your time period and choose an activity to lead the girls in.
- Optional: If you have sufficient help, you can choose different activities for each girl character.
- Gather materials for the activity.

Materials Needed:

- Background information
- Materials needed for your chosen activity

Steps:

Lead the girls in a daily activity from their time period. Some ideas are:

- Typical household chores
- Typical schooling activity
- Making a simple snack/meal

Activity #5: Old-Fashioned Fun

Background Information:

Insert information here about what women did for fun in your time period.

Time Allotment: 15 minutes

Prep Needed:

- Research how women had fun in your time period. Choose an activity to lead the girls in.
- Gather materials for your activity.

Materials Needed: This will vary based on the activity chosen.

- A CD player and music from your time period.
- A board game, deck of cards, or game instructions.
- Background information on art from your time period and various art supplies.

Steps:

Lead the girls in a fun activity from your time period. Here are some options:

1. Listen to music from your time period and teach the girls a popular dance.
2. Play a board game, card, or other type of game from the period.
3. Make a craft or art project that would have been popular in your time period.

Activity #6: Living History Party

Time Allotment: 20 minutes

Prep Needed:

- Using your background information from the previous activities, set up a party reminiscent of your time period.
- Gather materials and activities.

Materials Needed: Materials depend highly on what you choose to do at your party.

Steps:

1. Have girls attend a “party” where they attend as their character. You can include traditional food, games, etc. that you learned about earlier in the event and include other things for girls to try as well.
2. Encourage girls to talk with each other, ask questions, and most importantly, stay in character.

Activity Resources

The following pages contain supplemental resources:

- “Who am I?” worksheet

Who am I?

- My name is _____ . I was born in the year _____ and I am _____ years old.
- I city I live in is called _____.
- The type of house I live in is called a _____.
- Something I like to wear is _____.
- One of my daily activities is _____, but my favorite thing to do is actually _____.
- What do your parents do?

- Do you have any brothers or sisters?

- Are you married? Do you have any children? _____

- _____ Do you have a job? What do you do?

- Do you have a pet? What is it?

- Some other interesting things about me are:
