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Allina Health 

Brownie Painting Badge Activity Plan 2

Purpose: When girls have earned this badge, they'll have new ideas about what to paint-and how to paint it.

Planning Guides Link: Healthy Living and Creativity

Fun Patch Link: Experience the Arts

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 recognize different styles of paintings
- they experiment with different painting activities
- they are inspired to paint more

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 "Get Out and Enjoy Nature".

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 *Brownie Girl's Guide to Girl Scouting Painting 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: Music and Emotions

Badge Connection: Step 3—Paint a Mood

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Washable paint and paper bowls to hold the paint
- Paintbrushes
- Paper
- Paper towels
- Radio or some other music device capable of playing different music

Steps:

1. Have girls think about their current mood and write it on their paper. Are they happy, or sad or excited?
2. Now ask girls to think of that feeling and choose a color to represent it. Girls should paint with that color on their pages and use that feeling as inspiration for the design of their paintings. For example, if

a girl is feeling angry, she might choose red or black and paint in heavy strokes. Give girls about five minutes to work on this, then switch to a new piece of paper.

3. Now tell girls that they are going to listen to a song. Each girl should choose a color or colors that she associates with the song. She should also use the song as inspiration for the design of her painting. For example, a classical song might inspire a painting with flowing brush strokes in pastel tones, while a rock 'n' roll song might inspire one with quick, staggered brush strokes in bright colors.
4. Note: There is not right or wrong way for girls to do this activity. It is simply a way to encourage creative thought and expression.

Activity #2: Cave-Woman Mural

Badge Connection: Step 5—Paint a mural and Step 4—Paint without brushes

Time Allotment: 25 minutes

Prep Needed:

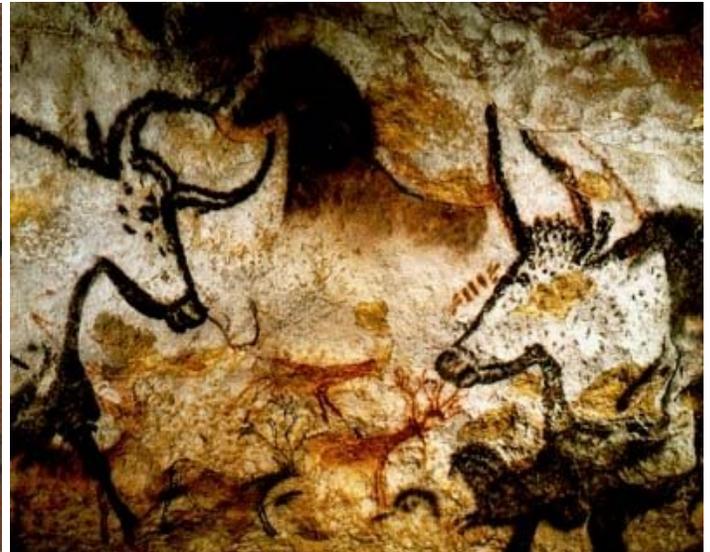
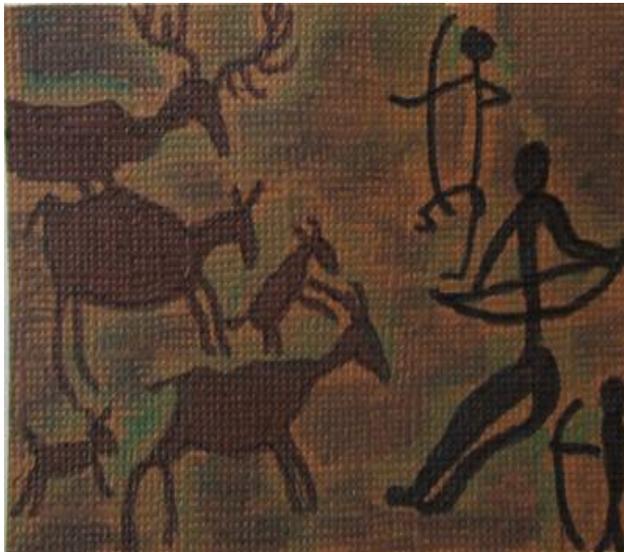
- Gather materials and supplies.
- Optional: Have the area dimly lit so girls can feel what it would be like to paint in a dark cave with only a small flame/light source.

Materials Needed:

- Paper grocery bags (one per girl)
- Scissors
- Washable paint and bowls or cups to hold the paint
- Paintbrushes
- Paper towels

Steps:

1. Ask girls to think of what life was like for cavemen and cavewomen a long time ago. Where did they live? How did they communicate? What sorts of things might they have had? How did they get heat? How did they “power” things?
2. When cavemen and cavewomen wanted to express themselves in creative ways, they had to use the materials and methods available to them at the time. Oftentimes, they would paint pictures on cave walls with “paint” made from vegetation and animals.
3. Show girls pictures of cave drawings, examples of which are provided below.



4. Discuss with girls what they see in the drawings. It seems that cave people usually painted things they saw, like animals and people, and things they did, like hunting.

5. Ask girls to think about what they see or do on a regular basis and how they might paint it in a simple way, like a cavewomen might have done.
6. Have girls use their ideas to design their own cave drawings.
 - First, have each girl crumple a paper grocery bag into a ball.
 - Girls will then pull the bags apart and cut them open so they lay flat. To do so, they should make one cut along the length of the bag and then cut out the bottom rectangle.
 - Now it's time to paint. Direct girls to use only their fingers to paint their own "cave drawings" of things they see or do on a regular basis.

Activity #3: Still Life and Snack Chat

Badge Connection: Step 2—Paint the real world

Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies, including fruit for snack.

Materials Needed:

- Assorted fruit for still life painting and snack (at least one fruit per girl)
- Paper plates and napkins
- Washable paints and bowls for paint
- Paintbrushes
- Paper
- Paper towels
- Optional: small lamp to provide light and dimension to the fruit still life

Steps:

1. Have girls help you arrange various fruits on a small table (or other similar item) in the center of the room. If you brought a small lamp, direct the light onto the fruit, creating some shadows.
2. Ask if any girls know what a still life is. A still life is a work of art depicting mostly inanimate subject matter, typically commonplace objects which may be either natural (food, flowers, plants, rocks or shells) or man-made (drinking glasses, books, vases, jewelry, coins, pipes, etc.).
3. Tell the girls that they are going to practice painting the still life they have just created. To create their paintings, they should paint things exactly as they see them on the table. The shapes, colors, sizes and arrangement should all be realistic and aim to accurately portray what's in front of them.
4. Note: Girls' painting abilities will vary. The goal of this exercise is not to end up with the perfect still life, but to get girls thinking about how they see things and how they can try to depict reality through art.
5. If time allows, have girls share their paintings with the large group once they are complete.
6. Enjoy a snack of the fruit used in the still life (wash it first).



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 arm 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:
 - Visit a local art museum.
- Speaker Ideas:
 - Invite a local painter or artist to your meeting.

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 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 creatively exploring different styles and methods of painting and we earned the Painting Badge.

We had fun:

- painting like cavewomen
- learning about different styles of art and using our emotions to paint a feeling

Continue the fun at home:

- Spend time with your Girl Scout painting a still life using objects found around your house. Or, simply turn up some music and make an abstract painting that depicts how the music makes you feel.
- Share your favorite artwork and artists with your Girl Scout.
- Look through the *Girl's Guide to Girl Scouting* with your Brownie to find other activities to try at home.

Thank you for bringing your Brownie to Girl Scouts!