

BROWNIE DANCER BADGE - MEETING 1

Purpose: When girls have earned this badge, they'll know how to explore the world of dancing and find their inner dancer.

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 |
| 10 minutes | Let's Get Flexible! <ul style="list-style-type: none"> Girls practice a few simple stretches. | <input type="checkbox"/> Calm or relaxing music <input type="checkbox"/> Music playing device |
| 20 minutes | Pop Dance Time Warp <ul style="list-style-type: none"> Girls explore different dances/dance moves from the 1920s to present. | <input type="checkbox"/> Poster board, white board, or chalk board <input type="checkbox"/> Markers, dry erase markers, or chalk <input type="checkbox"/> Music from different dance craze eras <input type="checkbox"/> Music playing device |
| 15 minutes | Storytelling through Dance <ul style="list-style-type: none"> Girls create a short dance that will tell a story. | <input type="checkbox"/> Various music selections <input type="checkbox"/> Music playing device <input type="checkbox"/> (Optional) Various musical instruments |
| 15 minutes | Snack Chat <ul style="list-style-type: none"> Girls have a healthy snack and topic discussion. | <input type="checkbox"/> Healthy snack |
| 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: Let's Get Flexible!

Time: 10 minutes

Badge Connection: Step 1 — Warm up and get moving

Materials Needed: Calm or relaxing music (examples: sounds of rain falling or nature, classical, or other slow tempo music); music playing device

1. Explain to the girls that it is important to stretch before physical activity, especially dancing, because your muscles need to be warmed up to prevent injury. No one wants to sit out and miss all the fun because they're hurt!
2. Play some calming music like a classical piece or sounds of the rainforest to start, then change the music for every move, changing the beat or tempo. Ask the girls to do the following warm-ups with you spending 30 seconds to 1 minute per move:
 - Neck rolls: Stand still with feet shoulder-width apart, hands to the side of your body, then roll your head down and around in a circle. Repeat in the opposite direction. Try to keep the rest of the body still, only moving your head and neck.
 - Hip swings: Holding the same stance as neck rolls, move hips to right and then left a few times but trying to keep the rest of your body still. You can also circle your hips by pushing them to the right, then back, and then left, then forward. Reverse and circle your hips in the opposite direction.
 - Heel Raises: Position feet together with your toes pointed straight ahead. With a straight back, lift heels off floor so you are balancing on your toes, then lower them back to the floor. Repeat until your calves begin to feel warm. For an added challenge, place heels together and have toes pointed out so your feet make a "V" and then raise heels.
 - Leg Swings: Stand with your toes facing the front of the room. Lift your right leg off the floor and bend slightly to swing your leg forward, then backward. Repeat several times, then do the opposite leg. If keeping balance is difficult, girls may use a chair to help them.
 - Lunges: Start with feet together then put one leg behind you. Your front knee should be bent and back leg should be straight as possible. Keep your back straight so you don't place any weight on the front knee. Keep your front knee in line with your foot and not too far forward to prevent injury. Get back to a standing position, then repeat on other side.

Activity #2: Pop Dance Time Warp

Time: 20 minutes

Badge Connection: Step 2 — Try a new dance

Materials Needed: Poster board, white board or chalkboard; markers, dry erase markers, or chalk; music from different dance craze eras; music playing device

Prep Needed:

- If you are unfamiliar with the dances listed in the activity, there are great examples on You Tube!
1. On the poster board or other writing space, write down the decades from the 1920s to the present, leaving some space underneath to write answers.
 2. Ask the girls if they know some popular dances or dance moves from each decade starting with the present (2010s) and moving backwards. Write down their answers and have the girls demonstrate if they know the dance move.

The further back you go, the more difficult it will be for them to answer, so a few helpful hints are below:

- 2010–present: Cupid Shuffle, Zumba
- 2000–2010: Cha-Cha Slide
- 1990s: Voguing ("Vogue" by Madonna), The Macarena, Cotton-Eye Joe, Electric Slide, Achy Breaky Heart
- 1980s: The Running Man, breakdancing, The Moonwalk, The Loco-Motion
- 1970s: The Hustle, disco, the YMCA



- 1960s: The Twist, Mashed Potato
 - 1950s: The Limbo, Hand Jive, Chicken Dance
 - 1940s: Swing dancing, Jitterbug, The Hokey Pokey
 - 1930s: Swing dancing, Foxtrot
 - 1920s: The Charleston
3. Choose one or two of the historically popular dances from each decade to teach to the girls. They can grab a partner and take a dance craze journey back in time!

NOTE: If you have access to a computer with internet, look up the different types of dance moves on YouTube!

Activity #3: Storytelling through Dance

Time: 15 minutes

Badge Connection: Step 4 — Make up your own dance

Materials Needed: Various music selections (pop music, classical, country, etc.); music playing device; (optional) various musical instruments like a drum, tambourine, rain sticks, etc.

1. Explain to the girls that there are many different types of dance and often a dance will tell a story. Many cultures have been using dance to pass on stories from the past to younger generations, express feelings and emotions, or even tell fictional stories. Some examples include: ballet, modern dance, traditional dance, tap, ballroom, and more!
2. Divide the girls into groups and have them create a short dance that will tell a story. They can make up their own short story or use a scene from one of their favorite stories to tell.
3. After the girls have a few minutes to create their dance, have them perform their story for the group. The rest of the group can try and guess what the story is.

NOTE: If the girls don't want to use music, they can create their own with drums, drumsticks, tambourines, rain sticks, clapping, humming, singing, or anything else they might find useful to tell their story.

Activity #4: Snack Chat

Time: 15 minutes

Badge Connection: Questions link to multiple badge steps

Materials Needed: Healthy snack

1. While enjoying snack, here are some things for girls to talk about.
 - Where are places or events where you can see people dance?
 - Have you ever seen a musical or dance performance?
 - Have you ever performed a dance for a crowd?
 - What is your favorite music to dance to?
 - If you could learn any type of dance, what would it be?
 - From the dances we tried today, which one was your favorite and why?

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 dance studio.
 - Attend a musical or other dance performance.
 - Attend a cultural event that will have dances unique to that culture.
 - Go behind the scenes at a musical theatre.
 - Attend an era-themed event like a sock-hop or hold your own.
- Speaker Ideas
 - Invite a dance instructor to your meeting to talk about different dances.
 - Invite a dancer to talk about their experience and why they dance.

