



Brownie Household Elf Badge Activity Plan 2

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

Planning Guides Link: Science, Technology, Engineering and Math

Fun Patch Link: Planet Saver

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 identify ways to save energy and water
- They can explain how reusing, recycling and using natural products are better for the environment
- They can identify one way to keep the air clean

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

- This activity plan has been adapted from the Brownie Skill-Building Badge set for the *It's Your Planet—Love It!* Household Elf 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: Reduce, Reuse, Recycle!

Badge Connection: Step 4—Reuse or recycle

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.
- Research what is recyclable in your community.
- Print and cut apart list of items found at end of this activity plan.

Materials Needed:

- 6-pack plastic ring from cans
- Paper lunch bag
- Styrofoam cup
- 4 copies of script found at end of this activity plan
- List of items cut apart

Steps:

1. Show the girls the 6-pack plastic ring, paper bag and Styrofoam cup. Ask girls, what do people do with these items when they are done with them?
2. After the girls answer “throw them away”, tell them that trash gets put into landfills. How long do the girls think the items will stay in the landfill before they disintegrate or degrade? Take guesses.
3. Share the answers with the girls. According to scientists’ best guesses, the paper bag will last 1 month, the 6-pack ring 450 years, and Styrofoam could be forever (it doesn’t disintegrate). Ask girls what would happen if people just keep throwing away things that don’t disintegrate – can landfills just keep getting bigger?
4. So what can people do? They can reduce, reuse, and recycle many items. Give an explanation of each term. Tell them what they can recycle in your community.
5. Distribute list of items, one item per girl. (If you have more girls than items, write down additional items on paper and distribute those.) Ask them to decide if they can reduce, reuse, or recycle the item.
6. Have the girls split into groups determined by whether they are reducing, reusing or recycling their item. Groups do not have to be evenly divided.
7. Hand out the scripts of the play to each group. Point out where their group will play a part. Each group will tell one way to reduce/reuse/recycle each of their items. Assist groups with coming up with examples as needed. They may write down their parts as necessary to remember them.
8. Assign a narrator or the troop leader can be narrator. Give each group a minute to practice their parts. If the girls are interested, have them come up with a clapping and stomping beat to the chant “Reduce, Reuse, Recycle” at the end of the play. Tell the group that once they are ready, they will go through the whole script once, reader’s theater style.
9. Read the script aloud.

Activity #2: Water Carrying Relay

Badge Connection: Step 2—Save water

Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies

Materials Needed:

- 2 gallons of distilled water

Steps:

1. Ask girls if they’ve tried to take shorter showers since the last Household Elf Badge meeting. Has anyone sung songs in the shower?
2. Remind them that it is important to save water. In some parts of the world, children have to walk every day to the nearest well to get water for their families. Today they will get a taste of what that is like.
3. Tell the girls that, although 70% of the Earth is covered in water, only about 1% is water we can actually use for drinking, washing, etc. But the water is not distributed equally among all people. In the United States, a person might use 173 gallons of water EACH DAY. In Tanzania, Africa, a person only uses 3 gallons of water each day.

4. We can just turn on a faucet and get water. One billion people have to walk for three hours or more each day just to collect water. Ask girls, how would your life be different if you had to walk 3 hours every day to get water for your family?
5. Have the girls line up for a water-carrying relay. If possible, use a long hallway or outdoor space and decide on a distance for the walking relay. If you are using your meeting room, determine a course, such as 5 times around the perimeter of the room.
6. One at a time, have each girl take the 2 gallons of water and walk the course. Remind them that this is not a race – if they were really carrying water home to their families, they'd have to be careful not to spill it!
7. While other girls are waiting for their turns, sing some songs or play simple group games.
8. After everyone has completed the walk, ask how they felt about it.

Activity #3: Snack Chat

Badge Connection: Questions link to multiple badge steps

Time Allotment: 10 minutes

Prep Needed:

- Bring a snack that is not individually wrapped, if possible.

Steps:

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.
2. Have each girl get her snack. While enjoying snack, here are some things for girls to talk about:
 - We learned some ways to reduce, reuse and recycle. What are ways we can make our snacks more earth-friendly?
 - What are ways we can make our craft activities more earth-friendly?
3. Ask some math questions, such as:
 - 1% of Earth's water is drinkable. To compare, if we had 100 gallons of water in the room, how many gallons could we drink?
 - If you had to walk 3 hours every day to get water for your family, how many hours would you spend every week finding water?
 - Most people need 5 gallons of water a day. If you have 4 people in your family, how many gallons of water would you need to get for them each day?

Activity #4: Freshen the air!

Badge Connection: Step 3—Go natural and Step 5—Clear the air

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Distilled water (use gallons from water relay activity)
- White vinegar
- 1 or 2 bottles of scented essential oil (can be purchased at places like Michael's Crafts)
- 1 plastic spray bottle per girl (can be purchased at hardware stores or online)
- Permanent markers

Steps:

1. Tell the girls that the air we breathe is important to how healthy we feel. The air in homes can contain dust or chemicals that make it hard to breathe. They will clean up the air in their homes with a natural air freshener.
2. Distribute spray bottles to girls.
3. Pour distilled water into each bottle, about ½ to ¾ full.
4. Add a tablespoon or two of white vinegar, which is considered a natural deodorizer.
5. Add 10-12 drops of essential oil. Scents to consider include lemon, fir, lavender or orange.
6. Replace the cap. Have each girl label her bottle with a permanent marker.
7. Tell girls that they should set the nozzle to spray or mist (if that's an option) and spray the freshener up in the air, a couple of times, in each room they want to freshen up. Have one girl test her freshener in your meeting space.

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 a 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 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
 - Have a sustainable farmer talk to the group about how they conserve resources when growing food.
 - Have someone from the natural resources department or forestry service talk about why it is important to conserve resources.

Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email troopsupport@girlscoutsrv.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 different ways to protect our environment and conserve resources and have earned the Household Elf Badge.

We had fun:

- Learning ways to reduce, reuse and recycle.
- Learning how some people in the world need to walk far to get their daily water.
- Making a natural air freshener.

Continue the fun at home:

- Learn more about recycling efforts in your community.
- Team up with your Girl Scout to make a water-saving plan at home.
- Look for and try recipes for other homemade cleaners made with natural ingredients.
- Look through the *Girl's Guide to Girl Scouting* with your Brownie to find other activities you can try at home.

Thank you for bringing your Brownie to Girl Scouts!

Reduce, Reuse, Recycle

Narrator: There are three important ways to help take care of the earth.

All girls: Reduce, Reuse, Recycle!

Narrator: When you reduce what you take, you help the earth.

Each girl in the “reduce” group takes a turn. Here is an example: “When you buy a bigger bottle of juice instead of individual juice boxes, you reduce waste.”

Narrator: There are three important ways to help take care of the earth.

All girls: Reduce, Reuse, Recycle!

Narrator: When you reuse things instead of throwing them away, you help the earth.

Each girl in the “reuse” group takes a turn. Here is an example: “Instead of throwing away the bag from your bag lunch, use a reusable lunch box.”

Narrator: There are three important ways to help take care of the earth.

All girls: Reduce, Reuse, Recycle!

Narrator: When you recycle items, they can be used again or made into new items.
When you recycle things you help the earth.

Each girl in the “recycle” group takes a turn. Here is an example: “Instead of throwing away an empty bottle of pop, recycle it!”

All girls: Reduce, Reuse, Recycle! Reduce, Reuse, Recycle! Reduce, Reuse, Recycle! Reduce, Reuse, Recycle!

Glass jar	Envelopes
Aluminum foil	Socks
Coffee mug	Newspaper
Construction paper	Popsicle sticks
Plastic spoon	T-shirt
Bubble wrap	Juice