

## BROWNIE HOUSEHOLD ELF BADGE – MEETING 2

**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"> <li>Girls recite the Girl Scout Promise + Law and sing the Brownie Smile song.</li> </ul>	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster <input type="checkbox"/> (Optional) Brownie Smile song lyrics poster
15 minutes	Reduce, Reuse, Recycle! <ul style="list-style-type: none"> <li>Girls learn about reducing their waste, re-using items, and recycling different materials</li> </ul>	<input type="checkbox"/> One item that can be reused, reduced, or recycled per girl (plastic ring from 6-pack of cans, a paper lunch or grocery bag, a Styrofoam cup, a newspaper, a plastic bag, a glass jar, aluminum foil, a plastic spoon, a t-shirt, bubble wrap, etc.) <input type="checkbox"/> Reduce, Reuse, Recycle script (four copies) <input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils
20 minutes	Water Carrying Relay <ul style="list-style-type: none"> <li>Girls learn about the importance and scarcity of water.</li> </ul>	<input type="checkbox"/> Two gallons of distilled water
15 minutes	Snack Chat <ul style="list-style-type: none"> <li>Girls enjoy snack and discuss ways to save energy, save water, and re-use items.</li> </ul>	<input type="checkbox"/> Healthy snack
15 minutes	Freshen the Air! <ul style="list-style-type: none"> <li>Girls will learn about the importance of air quality and will make environmentally-friendly air fresheners.</li> </ul>	<input type="checkbox"/> Distilled water (use the water from Activity #2) <input type="checkbox"/> White vinegar <input type="checkbox"/> 1 or 2 bottles of scented essential oils <input type="checkbox"/> Plastic spray bottles (one per girl) <input type="checkbox"/> Permanent markers
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends song lyrics poster



Time: 15 minutes

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

Time: 15 minutes

1. Show the girls the items you've brought to the meeting. Ask the girls what they think 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 for each item.
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. Explain each term. Tell them what they can recycle in your community.
5. Hand one item to each girl. 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.

Time: 20 minutes

1. Ask the 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're going to experience what that would be 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

Time: 10 minutes

Badge Connection: Questions link to multiple badge steps

Materials Needed: Healthy snack

Prep Needed:

- Buy snacks that are not individually wrapped, 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.
  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 some ways we can make our snacks more earth-friendly?
    - What are some 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!

Time: 15 minutes

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

Materials Needed: Distilled water (use the water from Activity #2); white vinegar; 1 or 2 bottles of scented essential oils; plastic spray bottles (one per girl); permanent markers

Prep Needed:

- You can find essential oil at Target, Whole Foods, most drug stores, and health food stores.
  - You can find empty plastic spray bottles at Target and most drug stores (they're usually located in the household cleaning aisle or with travel-sized toiletries).
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  $\frac{1}{2}$  to  $\frac{3}{4}$  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, eucalyptus, 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.

NOTE: Check with parents/guardians prior to the meeting to make sure girls don't have any allergies or sensitivities to the particular scents and essential oils you'll be using for this activity.

## 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.



# Reduce, Reuse, Recycle Script

**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!

