

BROWNIE DANCER BADGE - MEETING 2

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
15 minutes	Let's get Flexible! (Extended) <ul style="list-style-type: none"> Girls warm up and stretch. 	<input type="checkbox"/> Songs with varying tempos <input type="checkbox"/> Music playing device
15 minutes	Performance Prep Part 1 <ul style="list-style-type: none"> Girls practice good posture. 	<input type="checkbox"/> Heavy hardcover books or textbooks (one for each girl) <input type="checkbox"/> Quarters or small stuffed animals (two items per girl) <input type="checkbox"/> (Optional) Music playing device
15 minutes	Performance Prep Part 2 <ul style="list-style-type: none"> Girls learn about body movement and facial expression. 	<input type="checkbox"/> Music <input type="checkbox"/> Music playing device
15 minutes	Snack Chat <ul style="list-style-type: none"> Girls eat a healthy snack. 	<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! Extended

Time: 15 minutes

Badge Connection: Step 1 — Warm up and get moving; Step 3 — Take to the floor like a dancer

Materials Needed: A few songs with varying tempos; music playing device



1. Remind the girls about the importance of warming up before dancing and any other physical activities in order to prevent injuries.
2. Explain that girls will use some of the warm up moves they learned at the last meeting and will do a few new ones as well. Ask the girls to do the following warm-ups with you. Change the tempo of the exercises as the beat changes in the music (faster and slower).
 - 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.
 - Arm Windmills: Stand with your feet together or apart and extend arms out to the side at shoulder height. Move arms in small circles going forward then backward while keeping the arms extended at shoulder height. Repeat again but make the circles larger so the entire arm rotates overhead and down. You can then do the same exercise rotating the wrists in both clockwise and counterclockwise directions.
 - Lunges and Knee Raises: Start with feet together then push one leg straight behind you. The front knee should be bent and the back leg should be as straight as possible. Extend your back so you aren’t hunched over the front knee. Keep the front knee in line with your foot and not too far forward in order to prevent injury. Then, bring the back leg up and forward so your knee is up toward your chest. Repeat several times, then switch legs.
 - Step and Slides: Stand with your feet together. Bend knees and step to the left, almost at a squat height. Shift weight to left foot then slide right foot across the floor to meet the left foot. Repeat to the right. For an added challenge, slide foot across and in front or behind you in a half-circle motion.

SONG SUGGESTIONS:

- “I Got A Feeling” by the Black Eyed Peas
- “Last Dance” by Donna Summer
- “Titanium” by David Guetta
- “Something That I Want” by Grace Potter
- “Naturally” by Selena Gomez

Activity #2: Performance Prep - Part 1

Time: 15 minutes

Badge Connection: Step 3 — Take to the floor like a dancer

Materials Needed: Heavy hardcover books or textbooks (one per girl); quarters or small stuffed animals like Beanie Babies (two of each per girl); (optional) music and music playing device

1. Tell the girls about how being a dancer is more than just learning steps. Dancers use all parts of their bodies to express music and engage with their audience. In this activity, girls will learn how to take to the floor like a dancer.
2. Instruct the girls to line up on one side of the room in a single file line. Tell the girls that posture is very important for certain types of dances, such as ballroom dance or ballet. In this activity, girls are going to practice good posture.
3. Instruct the girls to stand up very straight and tall with their shoulders back and chin up, almost as if there were a string attached from their feet through the top of their head, pulling them toward the ceiling. To get their heads in the correct position, they can take one of their hands and make an “L” shape with their thumb and forefinger. They should then place the tip of their forefinger just underneath their chin bone, with their



thumb pointed towards them and touching their chest. Have the girls maintain their posture and “follow the leader” around the room.

4. After a few moments, have the girls place the books on top of their heads and continue walking around, this time without their hands underneath their chins.
5. Next, remove the books and instruct the girls to extend and hold their arms out to the side at bellybutton height, palms facing down. Place the small stuffed animals or quarters on the top of their hands and tell them they must keep their arms in this position and balance the items on top of their hands while walking about the room. If using the stuffed animals, tell the girls they should not try to hold the toy with their fingers. For an extra challenge, girls can also place the books back on top of their heads.
6. (Optional) You can play music in the background while the girls do this activity. Have the girls walk more slowly to slow tempo music and more quickly to fast tempo music.

Activity #3: Performance Prep Part 2

Time: 15 minutes

Badge Connection: Step 3 — Take to the floor like a dancer; Step 5 — Show your moves!

Materials Needed: (Optional) Music and music playing device

1. Now that the girls have practiced good posture, it's time for them to work on body movements and facial expressions that will enhance their presentation skills.
2. Call out different emotions and tell the girls to make a face that shows that emotion. Examples include: happy, sad, fearful, bored, angry, annoyed, excited, scared, and surprised.
3. Next, instruct the girls to spread out around the room and ask them to individually use their facial expressions and body movements to interpret what you are describing. Use the following examples for girls to interpret:
 - Pretend to be a willow tree as the wind blows softly, then harder, then calm.
 - Pretend to be a bird learning to fly as it uses its little wings and drops up and down in the sky.
 - Pretend to be a kernel of popcorn cooking and the pan is getting hotter and hotter, then pops!
 - Pretend to be someone lost in the woods at nighttime trying to find their way home.
 - Pretend to be an astronaut launching into space then landing on the moon.
 - Pretend to be a robot walking outside. It begins to rain and becomes harder to move.
4. Next, instruct the girls to partner up and face one another. If you have an odd number of girls, have one girl partner with you or another adult. Tell the girls that they will take turns mimicking their partners' movements and expressions, as if they were mirror images of their partners. If you'd like, you can call out some of the emotions or actions from the list above.
5. After practicing how to use their facial expressions and body movements, have each pair of girls create a short dance, where one girl is the leader and the other copies everything that her partner does. Girls will “follow the leader” or pretend to be the mirror image of their partners. Girls can then switch roles.
6. After the girls have a few minutes to create their dances, play some music and have the girls perform their dances together as a group. Have a dance party!

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 discuss:
 - Why is it important to warm up before dancing?
 - How do you think the speed of music affects a dance?
 - What are some things that dancers do before a performance?
 - If you could perform any type of dance on stage, what would it be?
 - What are some moves that you could teach your friends and family?



- How do dancers express their emotions during a dance?

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 music or dance performance.
 - Attend a community dance event.
- Speaker Ideas:
 - Invite a dance instructor to your meeting to teach the group how to prepare for a performance.
 - Invite a dancer to your meeting to teach the group about performance presentation.

