

CADETTE FIELD DAY BADGE – MEETING 1

Badge Purpose: When you've earned this badge, you'll know how to organize a field day filled with friends and fun.

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
10 minutes	Getting Started <ul style="list-style-type: none"> Begin the meeting by reciting the Girl Scout Promise + Law. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
20 minutes	Unique Uniforms <ul style="list-style-type: none"> Decorate t-shirts to make team uniforms. 	<input type="checkbox"/> Blank white or light-colored t-shirts <input type="checkbox"/> Sturdy plastic cups <input type="checkbox"/> Rubber bands <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Dropper <input type="checkbox"/> Permanent markers in assorted colors (like Sharpies)
20 minutes	George and the Dragon <ul style="list-style-type: none"> Play this historic game that's played by WAGGGS members in England. 	<input type="checkbox"/> None
20 minutes	Flink the Peanut <ul style="list-style-type: none"> Play a game using science and engineering as your main tools. 	<input type="checkbox"/> Styrofoam peanuts <input type="checkbox"/> Glass, jar, or pitcher <input type="checkbox"/> Water <input type="checkbox"/> String <input type="checkbox"/> Washers <input type="checkbox"/> Pennies
15 minutes	Snack Chat <ul style="list-style-type: none"> Talk about your favorite field day games while having a healthy snack. 	<input type="checkbox"/> Healthy snack
5 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends lyrics poster

Getting Started

Time: 10 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.



Activity #1: Unique Uniforms

Time: 20 minutes

Badge Connection: Step 1 – Team up and dress up

Materials Needed: Plain white or light-colored t-shirts; sturdy plastic cups; rubber bands; rubbing alcohol; dropper; permanent markers in assorted colors (like Sharpies)

1. One way to tell that people are on the same team is to wear a team uniform. For this activity, you'll make team t-shirts. You can decide if everyone in your group is on the same team, or if you have multiple teams.
2. Start by stretching a section of the t-shirt over the sturdy plastic cup. Be sure that the cup has only one layer of t-shirt over it, whether it's the front or the back. Place a rubber band over the t-shirt and cup so you have a section of t-shirt fabric stretched tightly—like a canvas—ready for your art.
3. Next, use the permanent markers to draw your design on the stretched portion of the t-shirt that is over the plastic cup.
4. Take the dropper and slowly add one drop of rubbing alcohol at a time to your design. You don't need very many drops. Watch what happens as the colors spread out from the center of the drop! The alcohol will evaporate and dry very quickly. (Note: The alcohol drop will spread outward in a circle from wherever it is dropped. So, plan your drop according to how you want your colors to spread. Be sure to keep the cup upright during this process so you don't spill any excess alcohol that drops into the cup back onto your t-shirt.)
5. Continue to stretch sections of your t-shirt over the plastic cups to create new "canvases" to work on all around your t-shirt until you are satisfied with your finished product.

Activity #2: George and the Dragon

Time: 20 minutes

Badge Connection: Step 2 – Host a historical game

Materials Needed: None

1. George and the Dragon is a historic game played by members of the World Association of Girl Guides and Girl Scouts (WAGGGS) in England. It reenacts the Golden Legend of St. George and the Dragon from the 1400s. In this tale, the townspeople were threatened by a dragon and St. George saved the day!
2. How to play: Choose one person to be George and one to be the Dragon. Everyone else should stand with linked arms in groups of three.
3. George then chases the Dragon, but the Dragon can hide by linking arms on one end of a group of three players. When this happens, the player at the other end of that group of three gets popped off and now becomes the Dragon.
4. When George captures the Dragon, the roles are reversed, and the game continues.

Activity #3: Flink the Peanut

Time: 20 minutes

Badge Connection: Step 3 – Play a scientific game

Materials Needed: Styrofoam peanuts; see-through glass, jar, or pitcher; water; string; washers; pennies

1. The object of this game is to get your Styrofoam peanut to "flink" (meaning, it doesn't float, and it doesn't sink, but it hovers in the middle of the water, a.k.a. "flinks") for 10 seconds.
2. Each person should have a see-through water container (like a glass, jar, or a pitcher) filled with water.
3. Add your Styrofoam peanut to the water, and experiment with making it flink. What would happen if you changed the shape of your Styrofoam peanut? How about using string to attach washers or pennies to it? Test one change at a time to see if you can make it flink.
4. The first person who gets their Styrofoam peanut to flink for ten seconds wins!



Activity #4: Snack Chat

Time: 15 minutes

Badge Connection: Discussion links to multiple badge steps

Materials Needed: Healthy snack

1. While having a healthy snack, talk about some of your favorite field day games from school or other activities.

Wrapping Up

Time: 5 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:
 - Go to a sporting event and cheer on your favorite team.
 - Visit the library to research other historical and scientific games to play.
- Speaker Ideas:
 - Invite a school gym teacher to talk to your group about how to organize a field day event.
 - Invite student athletes to talk to your group about what it means to them to be a part of a team.

