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## Brownie Dancer Badge Activity Plan 2

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

**Planning Guides Link:** Healthy Living and Creativity

**Fun Patch Link:** Dance

**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 Skill-Building Badge Set for *It's Your World—Change It!*, completing two of these activity plans, attending a council-sponsored even or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They know how to warm up their body to dance
- They can name different types of dance
- They can make up their own dance and share it with others

### 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

- Allina Health's Health Powered Kids program provides additional lesson plans that go along well with this badge, including "Your Happy Heart" and "Move It! The Importance of Daily Exercise".

To use these plans:

- Visit [healthpoweredkids.org](http://healthpoweredkids.org)
- Log in using:
  - Username: gsrv
  - Password: allinahealth
- Find lessons for this badge on the Girl Scouts page.
- This activity plan has been adapted from the Brownie Skill-Building Badge Set for the *It's Your World—Change It!* Dancer 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: Let's Get Flexible! Extended

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

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- A few songs with varying tempos. Examples include: "I Got A Feeling" by Black Eyed Peas, "Last Dance" by Donna Summer, "Titanium" by David Guetta, "Something That I Want" by Grace Potter, "Naturally" by Selena Gomez.
- Mp3 player, CD player or other electronic music-playing device

Steps:

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 the body. Then, roll the head down and around in a circle. Repeat in the opposite direction. Try to keep the rest of the body still—only move the head and neck.
- Hip circles: Holding same stance as neck rolls, move hips to right and then left a few times while trying to keep the rest of the body still. You can also circle the hips by pushing them to the right, then back, then left and then forward. Reverse the circle and go in the opposite direction.
- Heel Raises: Position feet together with toes pointed straight ahead. With a straight back, lift heels off floor so you are balancing on your toes, then lower back to the floor. 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 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 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 in a half-circle motion.

## **Activity #2: Performance Prep Part 1**

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

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.

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 (may be used throughout the activity)

Steps:

1. Speak to the girls about how being a dancer is more than just learning steps. Dancers use all parts of their bodies to express music and interest their audiences in the experience. 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 to their bellybutton and 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.

### **Activity #3: Performance Prep Part 2**

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

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Optional: Music and music-playing device

Steps:

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 calms.
  - 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 desired, call out some of the above emotions or actions.
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**

Badge Connection: Questions link to multiple badge steps

Time Allotment: 15 minutes

Steps:

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 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 one 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 each girl make a wish after her hand has been squeezed and before she passes 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 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.

## 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](mailto:troopsupport@girlscoutsrv.org).

## Family Follow-Up Email

Use the email on the next page 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 about the world of dance and we earned the Dancer Badge.

We had fun:

- Preparing our bodies for dancing through warm ups.
- Discovering how to take to the floor like a dancer.
- Learning how to use our facial expressions and body movements to express emotions through dance.

Continue the fun at home:

- Have a friends and family dance party!
- Ask your Girl Scout to teach you how to warm-up properly before exercising.
- 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!