



Brownie My Family Story Badge Activity Plan 2

Badge Purpose: When girls have earned this badge, they will know about their family story.

Planning Guides Link: Healthy Living and Creativity

Fun Patch Link: Family Tree

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 tell someone their family story
- They understand that everyone has a different and special family story
- They learn to ask others about their family stories

Tips and Tools

- Remember that everyone's family is different; be sensitive to the subject but allow girls to open up and feel safe in the group.
- 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

- Check out flags from around the world online at <http://gsrv.gs/1llfTPx>.
- This activity plan has been adapted from the *Brownie Girl's Guide to Girl Scouting My Family Story* 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: My Country `Tis of Thee

Badge Connection: Step 2 – Know where your family is from

Time Allotment: 25 minutes

Prep Needed:

- Gather materials and supplies
- Prior to the meeting, have girls speak to their families about their family heritage and where they come from.
- Optional: Find images of flags from around the world online or at the library. See Resources for ideas.

Materials Needed:

- "Flags of the World Chart"
- Construction Paper
- Coloring utensils
- Scissors
- Glue
- Tape
- Wooden dowels or straws
- Optional: A computer to look up flags from around the world

- Optional: Books that have images of flags from around the world

Steps:

1. Tell the girls that it can be fun to learn about your family history and heritage. Does anyone know what countries, states, or towns their family comes from? Ask the girls to share what they found out about their family history.
2. Each country has its own flag. The flag is a symbol for the country that it represents. Today you get to make a flag that represents a place where your family is from. If girls are unsure of their family history they can pick a place they think they are from or they could always make an American flag!
3. Show the girls images of various flags from around the world. Use the “Flags of the World Chart” in this activity plan, check out images online or check out books from the library.
4. Pass out materials and supplies. Girls can use construction paper, glue, scissors and/or coloring utensils to make their flag.
5. Attach the flag to a wooden dowel or straw with tape and wave your flag in the air!

Activity #2: Family Show & Tell

Badge Connection: Step 4 – Find an object that means something to your family

Time Allotment: 20 minutes

Prep Needed:

- Prior to the meeting, ask the girls and their families to choose an item to bring for show and tell. The item could be a photo, a piece of jewelry, a decoration – anything that tells a part of their family’s story.

Materials Needed:

- Show and tell items girls brought from home

Steps:

1. Ask the girls to sit in a circle. One at a time, have girls share the photo or object they brought from home. Have girls answer the following questions:
 - What is the item you brought today?
 - Who does the item belong to?
 - Why is the item important to your family?
 - What do you like best about the item?
2. After each girl shares her item, she can hold her item and walk around the circle so everyone can get a closer look. Remind girls to “look with their eyes, not with their hands” if the item is fragile.

Activity #3: 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 talk about:
 - What songs or games do you like to play with your family?
 - What holidays or special events do you celebrate with your family?
 - Has your family ever made a time capsule? If so, what did you put in it?
 - What would you put in a family time capsule?

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 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 school or library and view display cases with old photos, awards, and memorabilia.
 - Invite family members to go on a field trip and share family stories on the way.
- Speaker Ideas:
 - Invite someone from the VFW to talk to girls about the American flag.
 - Invite family members to talk about their family history.

Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email troopsupport@girlscoutsv.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 family history and heritage and have earned the My Family Story Badge.

We had fun:

- Making flags that represent our family heritage
- Sharing our special family items brought from home

Continue the fun at home:

- Make a family scrapbook together.
- Share items and photos with your Girl Scout that tell your family's history.
- 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!

Flags of the World Chart

