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Allina Health 

Brownie Dancer Badge Activity Plan 1

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

Program Essentials Link: Healthy Living and Creativity

Fun Patch Link: Dancing

Activity Plan Length: 1.5 hours

Girls Take the Lead: While earning this award, there are many ways for girls to be leaders. These can be done by a small group or by individuals.

- Badge Buddies:
 - Before the meeting, talk to girls about the activities. Have buddies decide what they want to try or ask them if they want to try something different.
 - Buddies can assist adults with prep needed for activities.
 - During the meeting, they can help lead other girls through the activities. They should make sure everyone has what they need and feels included.
- Food Friends:
 - Talk to girls about what the snack will be and how they can help with it.

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 event 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 a few 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 GirlScoutsRV.org.
- 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
- Log in using:
 - Username: gsrv
 - Password: allinahealth
- Find lessons for this badge on the Girl Scouts page.
- You will want to have access to music and a music player for this activity plan such as a CD player, mp3 player or another electronic music device.

- To find examples for some of the dances described in Activity #2: Pop Dance Time Warp, review the following videos on YouTube:
 - The Charleston: <http://youtu.be/xPW1bBlzBb0>
 - Swing Dancing: <http://youtu.be/qc18RHkjSaA>
 - The Twist: <http://youtu.be/im9XuJJXylw>
- This activity plan has been adapted from the Brownie Skill-Building Badge set for *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!

Badge Connection: Step 1—Warm up and get moving

Time Allotment: 10 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Calm or relaxing music (examples: sounds of rain falling or nature, classical, or other slow tempo music)
- Mp3 player, CD player, or other electronic music playing device

Steps:

1. Explain to the girls that it is important to stretch before physical activity, especially dancing, because your muscles need to be warmed up to prevent injury. No one wants to sit out and miss all the fun because they're hurt!
2. Play some calming music like a classical piece or sounds of the rainforest to start, then change the music for every move, changing the beat or tempo. Ask the girls to do the following warm-ups with you spending 30 seconds to 1 minute per move:

- 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 moving the head and neck!
- Hip swings: Holding same stance as neck rolls, move hips to right and then left a few times but trying to keep the rest of the body still. You can also circle the hips by pushing them to the right, then back, and then left, then forward. Reverse the circle 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. Repeat until 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.
- Leg Swings: Stand with toes facing the front of the room. Lift right leg off floor and bend slightly to swing the leg forward then backward. Repeat several times, then do opposite leg. If keeping balance is difficult, girls may use a chair to help them.
- Lunges: Start with feet together then push one leg behind you. Front knee should be bent and back leg should be straight as possible. Keep back straight so you don't place any weight on the front knee. Keep knee in line with your foot and not too far forward to prevent injury. Bring back leg back up to standing then repeat on other side.

Activity #2: Pop Dance Time Warp

Badge Connection: Step 2—Try a new dance

Time Allotment: 20 minutes

Prep Needed:

- If you are unfamiliar with the dances listed in the activity, view the YouTube links in the resources section.
- Gather materials and supplies.

Materials Needed:

- Poster board, whiteboard or chalkboard
- Markers, chalk or dry erase markers
- Music from different dance craze eras
- Music playing device

Steps:

1. On the poster board or other writing space, write down the decades from the 1920s–present leaving some space underneath to write answers.
2. Ask the girls if they know some popular dances or dance moves from each decade starting with the present (2010s) and moving backwards. Write down their answers and have the girls demonstrate if they know the dance move.

The further back you go, the more difficult it will be for them to answer, so a few helpful hints are below:

- 2010–present: Cupid Shuffle, Zumba
 - 2000–2010: Cha-Cha Slide
 - 1990s: Voguing (“Vogue” by Madonna), The Macarena, Cotton-Eye Joe, Electric Slide, Achy Breaky Heart
 - 1980s: The Running Man, breakdancing, The Moonwalk, The Loco-Motion
 - 1970s: The Hustle, disco, The YMCA
 - 1960s: The Twist (see resources for link to example), Mashed Potato
 - 1950s: The Limbo, Hand Jive, Chicken Dance
 - 1940s: Swing dancing (see resources for link to example), Jitterbug, The Hokey Pokey
 - 1930s: Swing dancing (see resources for link to example), Foxtrot
 - 1920s: The Charleston (see resources for link to example)
3. Choose one or two of the historically popular dances, each from a different decade, to teach the girls. They can grab a partner and take a dance craze journey back in time!

Activity #3: Storytelling Through Dance

Badge Connection: Step 4—Make up your own dance

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Various music choices (pop music, classical, country, etc.)
- Mp3 player, CD player, or other electronic music playing device
- Optional: Various musical instruments like a drum, tambourine, rain sticks, etc.

Steps:

1. Explain to the girls that there are many different types of dance and often a dance will tell a story. From ballroom dancing, ballet, modern dance, tap and more, cultures have been using dance to pass on stories from the past to younger generations, express feelings and emotions, or even tell a fictional story.
2. Divide the girls into groups and have them create a short dance that will tell a story. They can make up their own short story or use a scene from one of their favorite stories to tell.
3. After the girls have a few minutes to create their dance, have them perform their story for the group. The rest of the group can try and guess what the story is.
 - Optional: If the girls don't want to use music, they can create their own with drums, drumsticks, tambourines, rain sticks, clapping, humming, singing or anything else they might find useful to tell their story.

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 talk about.
 - Where are places or events that you can see people dance?
 - Have you ever seen a musical or dance performance?
 - Have you ever performed a dance for a crowd?
 - What is your favorite music to dance to?
 - If you could learn any type of dance, what would it be?
 - From the dances we tried today, which one was your favorite and why?

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. One of today's Badge Buddies should 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 Badge Buddy 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 dance studio
 - Attend a musical or other dance performance
 - Attend a cultural event that will have dances unique to that culture
 - Go behind the scenes at a musical theatre
 - Attend an era-themed event like a sock-hop or hold your own
- Speaker Ideas
 - Invite a dance instructor to your meeting to talk about different dances
 - Invite a dancer to talk about their experience and why they dance

Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email GirlProgram@girlscoutsrv.org.

Family Follow-Up Email

Use the email below 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 are on our way to earning the Dancer Badge.

We had fun:

- Preparing our bodies for dancing through warm ups.
- Taking a journey back in time to learn and try different popular dances.
- Creating our own stories and telling them through dance.

Continue the fun at home:

- Have a family dance party with a theme, such as disco or sock hop.
- Get your Girl Scout to help teach you a dance she learned.
- 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!