

## First Meeting: Fair Play Badge

**Badges earned:**

**Brownies:** Fair Play, Legacy badge (Steps 1-5)

Notes on Girls absent or special issues:

Time	Description	Supplies	Who will lead
Opening Activity (10 min)	Make name tags	name tags markers crayons string	
Circle (5 min)	Pledge of Allegiance Girl Scout Promise Talk about the badges we will earn today		
Snack and Discussion (10 min)	Get Snack and read book while girls are eating snack <b>Read book (Fair Play: Step 2 - Learn about a woman athlete)</b> Read Wilma Unlimited Talk about how in the old day, women weren't encouraged to play sports. <ul style="list-style-type: none"> <li>• Ask what is good about playing sports?</li> <li>• Ask what did you like about the story?</li> <li>• What didn't you like?</li> <li>• Was Wilma good at running when she first tried?</li> <li>• How did she get better?</li> <li>• Can you think of something that you weren't good at at first and how did you get better?</li> <li>• Can you think of some examples in the story where Wilma was Courageous or Strong?</li> </ul> <p><u>Notes:</u> I like this story, but it somehow didn't connect to the girls and did not get much discussion started. I would try a different one next time.</p>	book	
Game (10 min)	<b>Get-to-Know-You Game - Jump In, Jump Out</b> <ul style="list-style-type: none"> <li>• Ask the girls to think about what they would like to do as Girl Scout Brownies and Daisies. Give some suggestions.</li> </ul> Talk about how this activity requires courage because we each		

	<p>have to speak up to the whole group. Tell the girls that anyone who feels scared can do it with one of the leaders. Tell them that you would like everyone to try, but if anyone is too scared to do it, they can try another day.</p> <ul style="list-style-type: none"> <li>• Girls form a circle with one girl in the center.</li> <li>• All girls recite the following verse, while doing the actions: Jump in, jump out, turn yourself about Jump in, jump out, introduce yourself</li> <li>• The girl in the middle says: My name is _____!</li> <li>• Everyone else responds: Yeah!</li> <li>• The girl in the middle says: And I'd like to _____! (say one thing she'd like to do as a Brownie)</li> <li>• Everyone else responds: Yeah!</li> <li>• The girl in the middle says: And I'm gonna do it!!</li> <li>• Everyone else responds: Every day!</li> </ul> <p><u>Notes:</u> Girls loved this one. Some girls were shy, but their friends offered to do it with them and then they did it. Really a great game.</p>		
<p>Game (5 min)</p>	<p>If weather permits, we can go outside for games</p> <p><b>SPOT THE LION - AN AFRICAN GAME (Step 1 - play a game from another country) (Red Petal: Step 2 - Practice Being Courageous and Strong)</b></p> <p>Divide the group into teams of 5 to 8 people. Give each team its own corner or place. On signal the girls scatter and stand with their eyes shut. Leader runs around tapping each girl lightly on the back. On one girl she puts a piece of tape and unknown to that girl she becomes the "lion". When every one has been tapped, the leader shouts "the Lion is Loose!" All girls open their eyes and run about seeing if they can spot the lion. When a girl spots the lion, she heads back to her team's corner without</p>	<p>Masking tape</p>	

	<p>trying to arouse the suspicion of the lion. If a girl thinks she is the lion (no girl is allowed to touch her back to see if she is the lion), she heads to the center of the room and roars loudly. When this happens all girls freeze. If the girl is the lion, the game ends. If not, the game continues for one more minute before time is called. The team with the most players in their corner is the winner.</p> <p><u>Notes:</u> Girl really enjoyed this one and it doesn't take up much room</p>		
Games ( 5 min)	<p><b>Play popcorn (Step 3 - Be Part of a Team)</b></p> <p>Yell out an thing and a number for example 4 and popcorn. Girls get in groups of 4 and act like popcorn</p> <p><u>Notes:</u> This was also pretty popular, but it is pretty short. Doesn't go on for too long</p>		
Games (15 min)	<p><b>Exercises (Step 5 - Have a field Day and Step 4 - Keep Score)</b></p> <p>Have the girls see how many push ups, sit-ups, and jumping jacks they can do, see how far they can jump from the standing broad jump, running jump, 50 yard dash, how far can you throw a frisbee, how many laps they can do without stopping etc.</p> <p><u>Notes:</u> This got a little chaotic. Some girls enjoyed it and some were not too into it. I should have pre set up all the stations and assigned a leader to each one. The lap run was one of the most popular one. I also should have warned the girls to wear clothes that were good for moving around.</p>	Sheet for girl to keep track pencils tape measure	
Game (backup)	<p><b>Animal Moves</b></p> <p>Goal: Move from one line to the other like an animal. Use the movement that is called out and pretend to be that animal. This is not a race.</p> <ul style="list-style-type: none"> <li>• Walk like a turtle</li> <li>• Run like a cheetah (arms go back and forth)</li> </ul>	ropes	

	<ul style="list-style-type: none"> <li>Gallop like a horse (step, together, hop, lead with same foot)</li> <li>Hop like a kangaroo</li> <li>Shuffle like a gorilla (feet apart, feet together)</li> <li>Jump like a rabbit (jump and land on both feet)</li> <li>Leap like a gazelle (long jumps from one foot to the other foot)</li> <li>Skip like a Brownie (step-hop right, step-hop left)</li> </ul> <p><u>Notes:</u> Girls had a lot of fun with this one.</p> <p><b>Hens and Hawks</b></p> <ul style="list-style-type: none"> <li>You'll need at least four people and two safety zones.</li> <li>One person is the hawk.</li> <li>All the other players are hens.</li> <li>The hawk stands between the safety zones and tries to catch the hens as they run back and fourth from one safety zone to the other.</li> <li>When a hen is caught she sits on the side and watches the game.</li> <li>The last hen to be caught by the hawk becomes the next hawk.</li> </ul> <p><u>Notes:</u> Had to go inside because it was raining, so we didn't get to this one</p>		
Clean up (5 min)			
Closing (5 min)	Song Friendship Squeeze		