

Dancer Badge Girl Scout Meeting

Badges earned: - *Brownie: Dancer Badge*

Notes on Girls absent or special issues

Time	Description	Supplies	Who will lead
Snack (15 min)			
Circle (5 min)	Pledge of Allegiance GS promise Talk about the badge we will earn today		
Activity 1 (15 min)	Warm Up <i>Step 1: Warm up and Get Moving</i> 1) Have the girls do some stretches for each part of their body. Have the girls suggest ones they have done for sports or dance class 2) Have the girls move like an animal - a rabbit, a crab, a frog, a cheetah 3) Play three different kinds of music and do each of these run, walk, jump, skip, hop, leap, slide, bend, lift, roll, twist, turn <u>Notes:</u> We asked for volunteers before the meeting to lead this activity. One girl volunteered and she came up with a great routine. The girls loved it		Darby
Activity 2 (5 min)	Pretend you are a Girl Scout in 1930 <i>Step 3: Take the floor like a dancer</i> These are activities that girls in the 1930 had to learn 1) How to take a curtsy and a deep curtsy 2) Demonstrate the proper carriage in walking 3) Demonstrate the correct standing position 4) Try walking across the room with a book on your head showing proper carriage <u>Notes:</u> The walking with a book on your head was really popular. They loved it and didn't want to stop. Since we had a lot of girls we formed several lines and took turns.	books	Darby
Activity 3 (20 min)	Make up a dance <i>Step 4: Make up your own dance</i> 1) Break the girls into groups of three 2) Have them make up a dance that they can teach to the whole group. Remember everyone should be participating and have their voice heard. 3) Let them work on it for a while 4) Then move onto the next activity		
Activity 4 (25 min)	Teach your dance <i>Step 5: Show your moves</i> 1) Have each group teach their dance to the whole group. They will show the dance once. Then the		Darby

	<p>second time everyone will join in as they lead.</p> <p>2) If time remaining, play some music and have each person choose their favorite dance to try out.</p> <p><u>Notes:</u> It was actually impressive how well everyone worked together. They loved showing their dance to the group. Even the more shy girls got really involved and had a fun time. Being part of a group with an assigned role made it less scary for the more shy girls to get in front of the group.</p>		
Optional activity if extra time	<p>Practice calm breathing</p> <p>Before we have to perform in front of others, we may feel scared.</p> <p>Talk about:</p> <ul style="list-style-type: none"> • What happens to our body when we get scared. • What are some ways we can help calm down? <p>Have them think of something that is scary to them. Then teach them how to practice deep breathing and see if this helps.</p> <p>Let them talk about how they felt.</p>		
Clean up (5 min)			
Closing	<p>Song</p> <p>Friendship Squeeze</p>		