Brownie Dancer
Badge Activity Plan 1

**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

**Resources**
- If you are unfamiliar with the dances in Activity #2: Pop Dance Time Warp, do some online research. YouTube is a valuable resource with many video examples.
- 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.

**Activity #1: Let’s Get Flexible!**
Badge Connection: Step 1—Warm up and get moving
Time Allotment: 10 minutes

**Materials Needed:**
- Calm or relaxing music (examples: sounds of rain falling or nature, classical, or other slow tempo music)
- Music player

**Steps:**
1. 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 one 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, 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
Materials Needed:
• Poster board, whiteboard or chalkboard
• Markers, chalk or dry erase markers
• Music from different dance craze eras
• Music player

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 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: The macarena, electric slide
• 1980s: The running man, breakdancing, moonwalk, loco-motion
• 1970s: The hustle, disco, YMCA
• 1960s: The twist, mashed potato
• 1950s: The limbo, hand jive, chicken dance
• 1940s: Jitterbug, hokey pokey
• 1930s: Swing dancing, foxtrot
• 1920s: The Charleston

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
Materials Needed:
• Various music choices (pop music, classical, country, etc.)
• Music player
• 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.

**Activity #4: Snack Chat**

**Badge Connection:** Questions link to multiple badge steps

**Time Allotment:** 15 minutes

While enjoying a 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?

**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
- **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

**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

**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
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!

*This activity plan was adapted from Girl Scout River Valleys.*