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

resources

- 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.

activity #1: family story time—get to know your leader
badge connection: step 1—explore family stories

time allotment: 10 minutes

materials needed:

- optional: pictures or other mementos to share with the girls

steps:

1. gather the girls in a circle and explain that today is all about family stories.
2. tell the girls a story about your family, including family traditions and good memories you have.
3. consider allowing girls to ask questions about your story. this will help prepare them for activity #2: interview your brownie sister.

activity #2: interview your brownie sister
badge connection: step 5—share your family story

time allotment: 15 minutes

materials needed:

- list of questions for the girls to ask each other

steps:

1. split girls into pairs, trying to partner girls that might not know each other very well.
2. have girls ask each other questions about their family. for example:
   - do you have siblings? what are their names?
   - where do your aunts and uncles live?
   - what is one holiday your family celebrates?
   - does your family make special food on that holiday?
   - do you know where your family is from?
   - what is your favorite thing to do with your family?
3. gather back together and have each girl share her brownie sister’s story with the group.
each story is told, the group should clap (this will encourage girls to be brave and tell their stories).

**Activity #3: Unique Snack Mix and Snack Chat**

**Badge Connection: Step 3—Make a story tree**

**Time Allotment: 20 minutes**

**Materials Needed:**
- Assorted snack items for trail mix
- Large bowls or cups for snacks
- Spoons or cups to scoop snack items
- Paper bowls and napkins

**Steps:**
1. Allow each girl to create her own unique snack mix from anything that is available on the snack table. To limit how much girls take, you can tell them they only get a certain number of scoops.
2. Once the girls are done creating the snack, explain that every snack mix is different; even the same ingredients are included, there are different amounts of everything. This is just like a family story; every family is different and unique.
3. While enjoying their snack, encourage girls to share stories about their families.
   - What is your favorite family vacation?
   - What is your favorite family memory?
   - Does your family have any funny stories?

**Activity #4: Troop Family Tree**

**Badge Connection: Step 5—Share your family story**

**Time Allotment: 15 minutes**

**Materials Needed:**
- Coloring utensils
- Construction paper
- Scissors
- Poster board
- Glue or tape

**Steps:**
1. Draw the trunk and branches of a tree on poster board. Inside the trunk of the tree write the Girl Scout Promise.
2. Explain to girls that together they will create a troop family tree.
3. Have girls cut out a large leaf out of construction paper. Then have girls draw or write about themselves on their leaf.
4. Have each girl tape or glue her leaf onto the poster board so that all the girls together create one troop family tree.

**More to Explore**

- **Field Trip Ideas:**
  - Visit a zoo and look at the animal families. Talk to a zoologist about the different relationships that various animals have with their family members.
  - Invite family members to go on a field trip and share family stories on the way.

- **Speaker Ideas:**
  - Invite a storyteller, author or librarian to talk about the importance of stories.
o Invite family members to talk about their family stories.

**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

**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

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Hello Girl Scout Families:

We had a wonderful time today learning about family stories and are on our way to earning the My Family Story Badge.

We had fun:

- Getting to know one another better through family stories
- Interviewing each other about our family
- Creating a snack mix that represented our unique families

Continue the fun at home:

- Tell your Girl Scout more stories about her family.
- Encourage her to share her story with others.
- Explore the culture of your family.
- 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 Scouts River Valleys.*