



Brownie Quest Activity Plan 2 Connect Key

Purpose: When girls have earned this award, they'll see how they are part of a larger community, how their actions affect others and how to influence healthy living habits.

Planning Guides Link: Leadership

Activity Plan Length: 1.5 hours

Involve Family and Friends: Participation from family and friends can enrich your troop's Girl Scout experience, both for the girls and for you. Use the suggestions below to make it easier for you to connect with additional support.

- Before the meeting
 - Send a note to families to find those with interest or expertise in the topic. Ask them to lead or support a specific activity/activities, or to lead the meeting.
 - Offer this activity plan as a starting place; point out that they may choose alternative activities using the Customize It! section as a guide. For example: If an activity plan directs girls to sit outside and observe animal habitats, you may choose to go to the zoo and learn about animal habitats there, instead.
- At home:
 - Encourage families to ask questions about their girls' badge activities. Some examples that work for any badge include: *What did you learn? What surprised you? What does it make you think of trying next?*
- Throughout the Year:
 - Suggest to the girls and their families ways that they may share or display their Girl Scout accomplishments. Possibilities include a bulletin board, a scrapbook, a special memories box or family sharing time.

Girls Take the Lead: Include girl leadership through long-term planning, short-term meeting prep and specific activities at meetings.

- Long Term Planning
 - If you use "Plan Your Brownie Year", share this with the girls at the start of the year. Have them ask friends and family to help out with specific meetings or activities. Let the girls brainstorm ways to make the plans their own, such as thinking of related field trip activities. If a girl has experience with a field trip, ask her to be assistant tour guide.
 - If you are adapting the "Plan Your Brownie Year", get the girls' input on which badges to choose. Offer just a few choices in each category or timeframe to make decisions easier. Every girl should have at least one badge or journey she's excited about.
- Short Term Planning
 - Ask a family to help lead a badge. Make sure they have access to activity plans and any resources you might have. Keep additional requested materials to a minimum.
 - Choose two helpers to stay after a meeting for 15 minutes. Give them each an activity to introduce and either instruct or help guide at the next meeting.
 - Before a meeting, ask everyone to vote on some aspect of the activity: draw posters or perform skits, open with a song or game, etc.
 - Use a rotating list of helper tasks, called a 'kaper chart', to share responsibilities. Examples include acting as emcee of the meeting, leading an opening game, bringing a snack next meeting or taking attendance.
- At the Meeting



- During the opening, have 1-2 girls share their answers to a get-to-know-you question.
- Have girls fulfill their kaper chart responsibilities.
- Try to find something in each activity that you can let girls decide or manage.

Customize It: If your group wants to expand work on this award or simply try different activities, go for it! There are many ways to complete this award, including: completing the activities as listed in the *Brownie Quest Journey*, completing this activity plan, 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 Connect Key if:

- They can talk about how they are part of a larger community.
- They can work cooperatively within a team and recognize how their actions affect other people
- They can influence new healthy living ideas and inspire practicing healthy habits within their family environment

Girls can continue their Brownie Quest Journey by earning the remaining awards: Take Action Key and Brownie Quest Award.

Moving to Take Action: To complete the Brownie Quest journey, girls plan and carry out a Take Action project that addresses the root cause of a community issue in a sustainable way. During the process, here are some things to think about.

- Girls should play an active part in determining the "what, where, when, how and why" of their project, but Girl Scout Brownies will need your support and guidance throughout the process.
- Help girls scale the project to a manageable size, so they can have a successful experience. Even if the project has a small scope, what they are doing is important.
- Take Action projects are different than community service projects. Take Action projects pick up where short-term community service projects leave off and are a long-term solution, rather than a short-term solution.
- Consider contacting Girl Scout Cadettes in your area to help with the Take Action project. This will help the Cadettes earn the Leader in Action (LiA) Award. See the Brownie Quest adult guide for more information.
- It's up to the girls to find a Take Action project that they are passionate about, but to get started, here are a few ideas:
 - Family project: Girls work with their families to develop a healthy eating and activity plan. Girls and their families spend one month living their plans and talk about the impact.
 - School project: Girls share the importance of healthy snacks at school and encourage classmates to bring healthy snacks, instead of cookies or cupcakes, for birthdays or other celebrations.
 - Community project: Girls plan an active Fun Day, with the help of adults, and invite other kids to join in. At the event, girls encourage the other kids to be active each and every day.

Resources

- This activity plan has been adapted from the *It's Your World-Change It! Brownie Quest*, which can be used for additional information and activities.

Getting Started

Time Allotment: 10 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
<p><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.</p>	<p><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.</p>

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: Circle Art

Journey Connection: Session 3—Circle Map: Creating circles of caring
Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies.
- Pre-trace/copy outlines of four separate, different sized circles (small, medium, large, extra large) on sheets of paper.

Materials Needed:

- Construction paper
- Pre-traced circle sheets (one per girl)
- Coloring utensils
- Scissors
- Glue

Steps:

1. Tell the girls to find the smallest circle on the pre-traced circle sheet and write the word "Me" in it. Next, have them draw a small picture of themselves in the circle and color in the background of the circle (any color they want).
2. Have the girls find the medium circle on the pre-traced circle sheet and ask them, "Who are the next most important people in your lives?" They may say family, friends or pets. Have them write those people or groups in the second circle and draw pictures, if they fit, and color the background of the circle a different color than their first circle.
3. Have the girls find the large circle and ask the girl, "Who are other people or groups that you interact with of outside of the people in your first two circles?" They may say their Girl Scout troop, their class or school. Have them write the names and draw pictures of these people and color the background of the circle a third color.
4. Finally, have the girls locate the largest circle and ask them, "Who are other people that surround you besides the people you have already included in previous circles?" They may answer with the people in their town, their country or the world. Instruct girls to write the names and pictures of these people/groups and color the background of the circle a fourth color.
5. Tell the girls to cut out all four circles and glue them onto their piece of construction paper in a progressive row from right to left (paper should be landscape/horizontal) starting with the largest circle. Instruct the girls to glue on the largest circle first, then the next largest to the left of it, then the medium and the smallest last. Tell the girls they may have to overlap their circles slightly to fit. Now the girls have completed a circle map that illustrates how they are a part of a larger community!

Activity #2: Telephone Pictionary and Snack Chat

Journey Connection: Session 3—Caring for the community
Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies.
- Snack prep—varies according to snack selected

Materials Needed:

- Notepads (three)
- Markers
- Snack item(s)

Steps:

1. Divide the girls evenly into two groups and have each group sit down in a row (one girl directly behind the other), with both lines facing forward. Tell the girls that they are going to play a game called "Telephone Pictionary," where each team will have to work together to try and draw the most accurate picture.
2. First, draw a simple picture in your notebook, such as a flower, a butterfly or a boat in water on a sunny day, and make sure none of the girls sees it. Hand the girl in the front of each row a notebook and a marker.
3. Go to the rear of each row and show the last girl in each row the picture you drew, but make sure the rest of her team doesn't see the picture.
4. Instruct the girls who saw the picture to trace the same picture on the back of the girl sitting in front of her with her finger. Tell the girls to do their best.
5. Allow time for each line to pass the "picture" from the girl in the back to the girl in the front.
 - Tip: If a girl does not know what another girl "drew" on her back, she can have her repeat drawing the picture by saying, "operator," but can only ask once. Then, the girl must continue by drawing the picture that was drawn on her back on the next girl's back.
6. Once the "picture" reaches the first girl in the row, she must then draw the picture she felt in her

notebook and flip it over.

7. Allow both teams to finish, waiting until both team's notebooks are flipped over.
8. Hold up the picture drawn by each team and then show the original picture. The team that drew the most accurate picture compared to the original picture wins.
9. Distribute snack and chat about the following questions with your girls:
 - What was this game like for you?
 - Was it easy or frustrating?
 - Did your team's picture turn out close to the original picture? Why or why not?
 - Does this game show how our individual actions affect other people?
 - What are some actions or behaviors you could do at home or school to affect others in a good way?
 - What are some poor actions or behaviors that people do at home or school that affect others in a bad way?
 - Ask each girl to name one thing they can do to affect someone else in a positive way after this meeting.

Activity #3: Healthy Living Activity: Fun and Fit Game

Journey Connection: Session 2—Healthy Living Family

Activity Time Allotment: 10 minutes Prep Needed:

- Optional: Write out Fun and Fit "commands" on a flipchart or white board for the girls to reference.
- Optional: Print out additional copies of the fun and fit command list for girls to take home.

Materials Needed:

- Fun and Fit command list:
 1. High Blood Pressure = Jump as high as possible
 2. Smoking = Cough and walk around
 3. Stress = Run around/move frantically in a circle
 4. Obesity = Walk very slowly
 5. Inactivity = Sit or lie down without moving
 6. Heart Attack = Perform three or more of the commands listed above
 7. Drink water = Drink out of an imaginary cup or water bottle
 8. Meditation = Sit with legs crossed, arms out with thumbs and second figure pinched together
 9. Heart Health = Jump with an imaginary jump rope
 10. Wellness = Walk briskly around the area
 11. Fitness = Run around the area
- Optional: Flipchart paper or whiteboard and markers

Steps:

1. Set the tone by talking about the importance of being healthy and taking care of oneself. Ask the girls what they can do to live a healthy lifestyle.
 - E.g. eating healthy foods, drinking water, getting exercise
2. Ask girls to explain some potential "risk factors" of an unhealthy lifestyle.
 - E.g. not exercising or playing outside, eating lots of sweets and junk food, smoking
3. Tell the girls they are going to play a game called "Fun and Fit" that they can take home and play with their family. Teach the girls the commands (and the actions that go with each command) on the command list and then start the game by calling out one of the commands. All participants should perform the command accordingly.
4. Continue the game by calling out commands continuously. You can play for "fun" with no "outs," or by elimination and count participants "out" if they perform the wrong commands or do not perform quickly enough.
5. After the game, ask the girls to name one thing they can do with their family at home to live a healthier lifestyle and ask them to promise to talk to their family about it.

Activity #4: Brownie Team Moves into Action

Journey Connection: Session 4—Choosing a Take Action

Project Time Allotment: 20 minutes Prep Needed:

- Optional: Gather props for the skits.

Materials Needed:

- Optional: Prop for skits

Steps:

1. Split girls into three teams.
2. Let girls know that now it is time to think of ways that their Brownie Team can make their communities better. To inspire ideas, girls will come up with short skits based on the communities around them . Give each team a location/community.
 - Ideas include: Home, School, Neighborhood
3. Give girls a few minutes to think of ways they could help people at their location be healthier and how they could show that in a skit. Remind girls to think of the last game they played.
4. Have each team develop and perform their short skit.
5. After all the skits, ask girls what ideas they liked the best.
 - What ideas were your favorites?
 - What do you think would be fun to do?
6. Help girls decide on a Take Action project idea that they are excited about, and is realistic to do with the time and resources available. (See the Moving to Take Action section for more information.)
7. Once girls have decided on a project idea, have girls discuss the questions below.
 - How can we involve others in this project?
 - What supplies do we need to complete the project?
 - What can you do to tell others about the project and inspire them to take action too?

Wrapping Up

Time Allotment: 10 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. Assign one girl to 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 girl 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 health or recreational club, camp or challenge course.
- Speaker Ideas:
 - Invite a psychologist to teach your troop about group dynamics and personal actions.
 - Invite a coach or nutritionist to come teach your troop about team building, healthy activities or recipes.
 - Invite family members to your meeting to do the activities with you.

Family Follow-Up Email

Use the email below as a template to let families know what you 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 learning about how we are connected to the larger community and the importance of healthy actions. We are on our way to earning the Brownie Quest Connect Key.

We had fun:

- Connecting how we are a part of multiple "circles" of life.
- Playing a fun game called Telephone Pictionary that taught us how our individual actions affect others.
- Learning a new fitness game to play at home and brainstorming ways our families can practice healthy habits.
- Creating skits about ways to make our communities healthier and planning our Brownie Quest Take Action project.

Continue the fun at home:

- Ask your Girl Scout about her ideas for how your family can live a healthy life. Talk about how your family will put this practice into action.*
- Encourage your Girl Scout to make a list of physical activities that can be done as a family, such as going on a hike, a bike ride or playing soccer in the backyard. Try and schedule a time to do one activity per week.*
- Ask your Girl Scout about the Brownie Team's Take Action project and find out ways that you can help with the project.
- Look at the *Brownie Quest Journey* book and read about the adventures of Campbell, Jamila and Alejandra as they meet the Brownie Elf.

*Please complete at least one of these steps to help your Girl Scout earn the Brownie Quest Connect Key.

Thank you for bringing your Brownie to Girl Scouts!