

BROWNIE QUEST (CONNECT KEY) – MEETING 2

Journey Award 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.

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Girls recite the Girl Scout Promise + Law and sing the Brownie Smile song. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster <input type="checkbox"/> (Optional) Brownie Smile song lyrics poster
20 minutes	Circle Art <ul style="list-style-type: none"> Girls explore their “circles of caring.” 	<input type="checkbox"/> Construction Paper <input type="checkbox"/> Pre-traced circle sheets (one per girl) <input type="checkbox"/> Coloring utensils <input type="checkbox"/> Scissors <input type="checkbox"/> Glue
15 minutes	Telephone Pictionary and Snack Chat <ul style="list-style-type: none"> Girls enjoy snack and practice communicating with each other. 	<input type="checkbox"/> Healthy Snack <input type="checkbox"/> Notepads (3) <input type="checkbox"/> Markers
10 minutes	Healthy Living Activity: Fun and Fit Game <ul style="list-style-type: none"> Girls practice healthy habits. 	<input type="checkbox"/> Fun and Fit command list (see end of activity plan) <input type="checkbox"/> (Optional) Flipchart paper or whiteboard and markers
5 minutes	Share: Family Star <ul style="list-style-type: none"> Girls share their completed Family Values star. 	<input type="checkbox"/> Family Star (from previous meeting)
15 minutes	Brownie Team Moves into Action <ul style="list-style-type: none"> Girls brainstorm ideas to choose a Take Action Project. 	<input type="checkbox"/> (Optional) Props for skits
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends lyrics poster

Getting Started

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster and (optional) Brownie Smile song lyrics

Welcome everyone to the meeting, recite the Girl Scout Promise and Law, and sing the Brownie Smile song.



Activity #1: Circle Art

Time: 20 minutes

Journey Connection: Session 3 – Circle Map: Creating circles of caring

Materials Needed: Construction paper; pre-traced circle sheets (one per girl); coloring utensils; scissors; glue

Prep Needed:

- Print off the pre-traced circle sheet found at the end of the activity plan. Be sure to have enough, so there is one per girl.
1. Explain to the girls that they will be exploring circles of caring during this activity. Ask the girls what they think a circle of caring is. Pass out the pre-traced circle sheet.
 2. 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).
 3. 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. Ask them to write those people or groups in the second circle, draw pictures (if they fit), and color the background of the circle a different color than their first circle.
 4. Have the girls find the large circle and ask them, “Who are people or groups that you interact with outside of the people in your first two circles?” They may say their Girl Scout troop, their class, or school. Some may even put their grandparents. Tell the girls to write the names and draw pictures of these people and color the background of the circle a third color.
 5. 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 the girls to write the names and pictures of these people/groups and color the background of the circle a fourth color.
 6. Tell the girls to look at their completed circle map and see how it illustrates how they are a part of a larger community.

Activity #2: Telephone Pictionary and Snack Chat

Time: 15 minutes

Journey Connection: Session 3 – Caring for the community

Materials Needed: Healthy snack; notepads; markers

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 see 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 question 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 negative 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

Time: 10 minutes

Journey Connection: Session 2 – Healthy Living Family Activity

Materials Needed: Fun and Fit command list; (optional) flipchart paper or whiteboard and markers

Prep Needed:

- (Optional) Write out Fun and Fit “commands” on a flipchart or whiteboard for the girls to reference.
- (Optional) Print out additional copies of the fun and fit command list for girls to take home.

1. Explain to the girls 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 the girls to share 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 participant “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: Family Star Share

Time: 5 minutes

Journey Connection: Session 1 – Share at home

Materials Needed: Family Value Star from previous meeting

Prep Needed:

- Remind families to have the girls bring their completed Family Star to the meeting.
1. Provide a time for the girls to quick share their Family Value Star. Encourage the girls to share their star with as many people as possible.

Activity #5: Brownie Team Moves into Action

Time: 15 minutes

Journey Connection: Session 4 – Choosing a Take Action Project

Materials Needed: (Optional) Props for skits

1. Split the girls into three teams, try to pair girls together people they do not pair with that often.



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 the girls what ideas they like 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 ideas, 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: 15 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

- Field Trip Ideas:
 - Visit a local healthy 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 teach your troop about team building, healthy activities, or recipes.
 - Invite family members to your meeting to do the activities with you.



Circles of Caring

