

## Skill-Building Badge Activity Sets

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Girls may choose to earn a badge related to their journey or to any area that they are interested in. By exploring leadership through journey activities and building skills by earning badges, girls experience the benefits of the Girl Scout Leadership Experience.

Girl Scout Cadettes have three Skill-Building Badge Activity Sets available including:



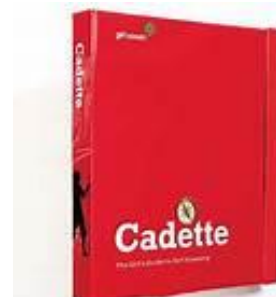
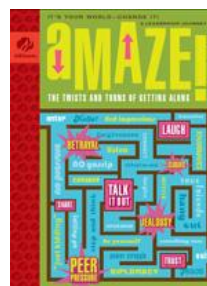
### It's Your World – Change It! aMAZE

This Cadette Badge Activity Set comes with five three-hole punched badge booklets containing the complete steps for earning these five badges:

- Digital Movie Maker
- Eating for Beauty
- Public Speaker
- Science of Happiness
- Screenwriter



The aMAZE Badge Activity Set is designed to complement the aMAZE journey and be inserted into the badge section of The Girl's Guide to Girl Scouting for Cadettes.



Shop the GSOC Council Shop or [www.girlscoutsoc.org](http://www.girlscoutsoc.org) to purchase Girl Scout Leadership Journeys, How to Guides, Journey Awards, The Girl's Guide to Girl Scouting, Badge Activity Sets and more.

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This is a summary of badges in the **aMAZE** Badge Activity Set.  
The complete detailed steps should be used for earning these badges.



### Digital Movie Maker

A movie doesn't just tell a story; it shows a story. If you could show the whole world a story, how would it look? Bright and cheery? Fast-paced and full of changes in scene? With what visual would it start and end? You've probably spent countless hours watching movies—now's your chance to show others how you want them to see the world.

**Step 1:** Learn digital video basics

**Step 2:** Film. Then film some more...

**Step 3:** Pick the perfect subject

**Step 4:** Action!

**Step 5:** Edit and premiere your movie

When girls earn this badge, they'll know how to create a digital movie.

### Eating for Beauty

Nutrition isn't just about maintaining a healthy weight: Eating well helps you inside and out. Choosing the right foods can help you sleep better, stress less, and get smooth skin, shiny hair, and strong nails. In this badge, find out how to eat to keep your skin glowing, your mind focused, and your energy flowing.

**Step 1:** Find out how good nutrition helps your body stay healthy

**Step 2:** Find out how what you eat affects your skin

**Step 3:** Explore how your diet affects your stress level

**Step 4:** Investigate how what you eat affects your sleep

**Step 5:** Look at how your diet affects your energy

When girls earn this badge, they'll know how to eat their way to a healthy mood, mind, and body.

### Public Speaker

They call it stage presence: the ability to be yourself and make a connection with people—even a crowd of people—and seem comfortable the entire time. And a great presenter's talent for conveying your points clearly and powerfully is useful everywhere, not just in politics or on the stage. Luckily, you don't have to be born with these skills; you can develop them.

**Step 1:** Get a feel for performing solo

**Step 2:** Focus on body language

**Step 3:** Find your voice

**Step 4:** Choose or create a piece to perform

**Step 5:** Get onstage!

When girls earn this badge, they'll have found their inner performer and be unafraid to speak up.

### Science of Happiness

In this badge, you are the test subject, and your life is your laboratory. You'll find out how scientists measure happiness, and you'll put their results into action. You'll also get to perform a happiness experiment on your friends or family—all with the goal of making your world a happier place.

**Step 1:** Make yourself happier

**Step 2:** Think differently for happiness

**Step 3:** Get happy through others

**Step 4:** Do a helpful happiness experiment

**Step 5:** Create a happiness action plan

When girls earn this badge, they'll know how to use the science of happiness to make the world the happiest place it can be.

### Screenwriter

When it thrills, makes you laugh, or has a fantastic twist, a movie or TV show can seem like magic. And a great show starts with a great script! Screenwriters write scripts meant to be filmed. In this badge, put all your viewing experience to good use—let it inspire you as you try your hand at writing for the big (or small) screen.

**Step 1:** Decide what makes a good script good

**Step 2:** Come up with an idea for a story

**Step 3:** Get to know your characters

**Step 4:** Build the plot

**Step 5:** Write a 12-page script – and share it!

When girls earn this badge, they'll know how to create a screenplay for a show or movie.

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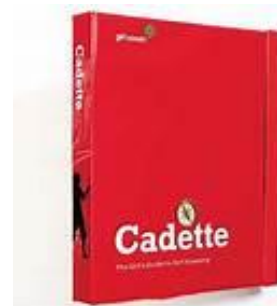
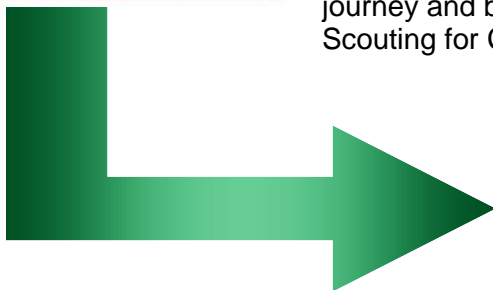
### It's Your Planet – Love It! Breathe

The Cadette Badge Activity Set comes with five three-hole punched badge booklets containing the complete steps for earning these five badges:

- Book Artist
- Woodworker
- Special Agent
- Trailblazing
- Babysitter



The Breathe Badge Activity Set is designed to complement the Breathe journey and be inserted into the badge section of The Girl's Guide to Girl Scouting for Cadettes.



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### Book Artist

For centuries, humans have been developing methods to create and bind paper in order to share ideas, knowledge, and inspiration with each other and with future generations. The craft of creating books has evolved over time, but the basic human need to share words and pictures has stayed the same. In this badge, try gluing, stitching, and folding your way to shaping your own book-artistry style—you'll create some spectacular gifts and keepsakes.

- Step 1:** Explore the art of bookbinding
- Step 2:** Get familiar with the insides of a book
- Step 3:** Try out book artist techniques
- Step 4:** Focus on function
- Step 5:** Focus on style

When girls earn this badge, they'll know how to make different kinds of books.

### Woodworker

Woodworking gives you a great feeling of accomplishment—you can make stylish, useful things for yourself and others. Plus, it's fun! In this badge, add to your talents with a skill Girl Scouts has been refining for 100 years—the ability to do it yourself.

- Step 1:** Swing a hammer
- Step 2:** Keep it level
- Step 3:** Use a screwdriver
- Step 4:** Saw some wood
- Step 5:** Build something yourself

When girls earn this badge, they'll know how to use some basic tools to make simple woodworking projects.

### Special Agent

A special agent wears many hats—detective, scientist, psychologist, enforcer of the law. No wonder novels and shows about their work are so popular! In this badge, grab your magnifying glass and your microscope, and uncover your skills in one of the most exciting—and demanding—jobs for investigative minds.

- Step 1:** Investigate investigation
- Step 2:** Reveal reality
- Step 3:** Try the science
- Step 4:** Key in to body language
- Step 5:** Practice the art of decision

When girls earn this badge, they'll know the secrets from the world of forensic science and criminal psychology.

### Trailblazing

Join in a favorite Girl Scout adventure! Head for the backcountry, where you'll explore nature and challenge your body on a trailblazing trek. In this badge, you'll stay at least one night at a backwoods or primitive site, so get ready to learn some new outdoor skills while you share fresh-air fun and games with your Girl Scout sisters.

- Step 1:** Start planning your adventure
- Step 2:** Get your body and your teamwork skills ready
- Step 3:** Create your menu
- Step 4:** Gain some trailblazing know-how
- Step 5:** Head out on the trail

When girls earn this badge, they'll know how to take a safe and fun overnight backpacking trip.

### Babysitter

The magic age for babysitting is 12. That's when most girls say they began sitting—and it's the youngest age at which most parents say they'll allow someone to babysit for their children. Whether you're getting ready to babysit in the future or have already started, this badge will help you become the best babysitter you can be.

- Step 1:** Get to know how kids develop
- Step 2:** Prepare for challenges
- Step 3:** Focus on play
- Step 4:** Find potential employers
- Step 5:** Practice your babysitting skills

When girls earn this badge, they'll be prepared to babysit and will have tried out their skills on the job.

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### It's Your Story - Tell It!

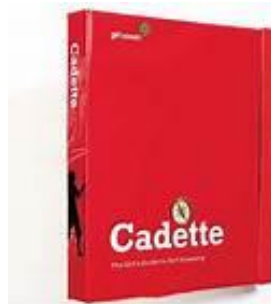
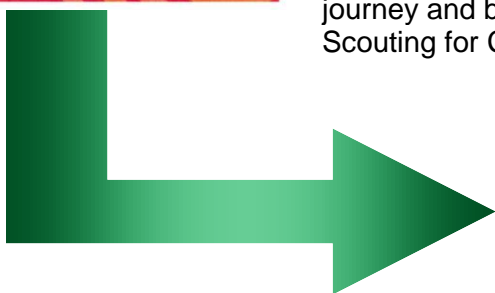
#### MEDIA

This Cadette Badge Activity Set comes with five three-hole punched badge booklets containing the complete steps for earning these five badges:

- Night Owl
- Animal Helpers
- Field Day
- Entrepreneur
- Netiquette



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### Night Owl

Night has captured the imagination since the dawn of time. But with modern-day electricity, it's easy to overlook the mysteries and beauty of the world after the sun goes down. So grow your imagination and expand what you know (or think you know!). Turn out the lights, tune in your senses, and step out in to the night.

**Step 1:** Take a field trip to explore the night

**Step 2:** Tour your world after dark

**Step 3:** Meet people who work night hours

**Step 4:** Explore nature at night

**Step 5:** Host an Extreme Nighttime Party

When girls earn this badge, they'll uncover the mysteries of the world after dark.

### Animal Helpers

Animals have always provided clothing, and transportation, but today they're also trained to help people with disabilities, find people who are lost, and even discover tumors. And, of course, animals offer us companionship, love, and sheer joy. In this badge, look at how animals help humans. (Researchers say the love of an animal can improve our emotional health!)

**Step 1:** Explore the connection between humans and animals

**Step 2:** Find out how animals help keep people safe

**Step 3:** Know how animals help people emotionally

**Step 4:** Check out how animals help people with disabilities

**Step 5:** Look at how animals might help us in the future

When girls earn this badge, they'll know how animals help humans, and how to help them keep it up.

### Field Day

From friends playing in the park to countries competing against one another at the Olympics, games unite us all. And Girl Scouts have been inventing their own games since 1912! In this badge, you'll experience this firsthand, by organizing teams and events for an exciting, do-it-yourself field day.

**Step 1:** Team up and dress up

**Step 2:** Host a historical game

**Step 3:** Play a scientific game

**Step 4:** Find fun in fiction

**Step 5:** Stage your grand finale!

When girls earn this badge, they'll know how to organize a field day filled with friends and fun.

### Entrepreneur

When it comes to innovation, fantastic ideas and creative inventions are only half the game. The other half involves figuring out if people would buy your invention or use your idea. In this badge, you'll find out what it takes to turn a great idea into a business.

**Step 1:** Brainstorm business ideas

**Step 2:** Improve one idea

**Step 3:** Get into the financial side of things

**Step 4:** Imagine creating a business

**Step 5:** Practice sharing your business ideas

When girls earn this badge, they'll know how to think like an entrepreneur.

### Netiquette

Our digital world makes it easy to stay in touch and share friendships, memories, and ideas. But we've all heard embarrassing stories in which people wish they'd never hit the "send" button. Once you've put it out there, it never goes away. But you can use that to your benefit, too. This badge is all about knowing how to make positive choices in the online world.

**Step 1:** Explore "oops!" and "wow!" moments

**Step 2:** Dig into stories of "ouch" – and repair some hurt if necessary

**Step 3:** Look at e-mail, commenting, or blogging

**Step 4:** Decide what makes a great social media profile

**Step 5:** Spread better practices

When girls earn this badge, they'll know how to make – and keep – their online world a positive place.