



Links to Girl Scout Insignia Opportunities

*Means the badge can be completed by attending the event.

Available during the day will be dance, instrument and vocal workshops. Jam sessions with accomplished musicians; Performances by professional dancers and musicians; An instrument "Petting Zoo"; and an area for folk arts, including knitters, weavers, quilters, woodcarvers and others.

This event provides hands on experience of music, dance and many folk arts. It is an opportunity for younger girls to earn Petals, Try-Its and Badges and for older girls to network with practitioners to learn the necessary skills to complete Interest Projects. In some cases they will be able to complete all the requirements for the badge, in other cases, only one requirement will be completed and it will be up to the girl to finish the other requirements. Please remember that there is no "double dipping". Activities can only apply once (e.g. If you sing a song for *Brownie Girl Scouts through the years* you must choose a different song to sing for *Travel Right*).

Daisy

***Rose Petal** – Make the World a Better Place

Brownie – *(Remember only 4 requirements are needed to complete the try-it)*

Brownie Girl Scouts Through the Years – 4.) Sing a Song – Travel back in time. Choose a decade (1920s, 1930s, 1940s, 1950s, 1960s, 1970s, 1980s) and learn a song that was popular then. Sing it for your troop or group, or your family. Then teach it to them.

***Dancercise** – 1.) Move to the beat – Practice these movements to your favorite music: March in place, Step forward and backward and swing your arms to the sides, Step sideways and swing your arms in circles, Put your hands on your hips and move from side to side, Walk in a circle, lifting your knees very high while clapping your hands, Make up some of your own moves. Do them for at least 10-15 minutes. 2.) Dance on Stage – Watch a dance performance at a theatre or community center, on an outdoor stage, or on television. What parts of the dance can you imitate? 3.) My Own Dance – Make up a dance to your favorite song. Teach this dance to other girls. 6.) A Dance Story – Use dance to tell a story. Use movement to express feelings such as fear, excitement, sadness, or surprise.

Puppets, Dolls, and Plays – 2.) Yarn Doll – Have fun putting a yarn doll together.

Travel Right – 5.) Sing a Song – Make up a song about traveling. Sing it with your Girl Scout troop or group, or with your family on your next trip. Make up hand gestures to go with the song.

Creative Composing – 1.) Compose a Song – Make up a song for a special day or occasion: a rainy day song, a campfire song, a holiday song, a silly song, a song for a special Girl Scout ceremony. If you play an instrument, make up a song to sing with the instrument. Sing your song alone or with friends. 2.) Compose music for

Instruments – Compose a tune for an instrument. It can be an instrument you have made. You can form a band with others and make music together.

***Making Music** – 1.) Move to the Music – Listen to different kinds of music: fast, slow, lots of instruments or voices, one instrument or voice. Move your body to the beat of it. Twirl around. Jump up in the air. Take long leaps or make small, gentle movements. Make up movements set to music to tell a story. 2.) Singing in Rounds – Sing in rounds. Practice singing “Make New Friends”, or “Row, Row, Row your Boat”. What other songs can be sung in rounds? 3.) Action Songs – Action songs connect words, music, and hand movements. “Bingo” is one and the “Brownies Smile Song” is another. Teach action songs that you know to a friend. Learn a new one from a friend. 4.) Melody Glasses – Drinking glasses filled with different amounts of water can become a musical instrument. Set up your glasses and try to play a song. 5.) Music Around the World – Sing songs from different countries. Teach them to others.

***Sounds of Music** – 1.) Make Your Own – Percussion instruments make a sound when hit or shaken. They can be drums, rattles, gongs, tambourines, or shakers. Try making a shaker. 2.) Single String Swing – Can one string make music? Try your hand making a “washtub” bass using a large empty food can (#10 or 48 ounce), and a string. 3.) Sliding Air – What does wind have to do with music? Different sounds are made by changing the amount of air in a tube. Try making a bottle whistle using a coke bottle and straw. 4.) Shoebox Guitar – Did you ever think that you could make music with some rubber bands, a shoe box, and a paper towel roll? Try one. 5.) Melody Mobiles – Create a mobile that makes music as it sways in the air. First collect small lightweight items that sounds pleasant to you when they bump into each other. Attach them with string to two coat hangers. 6.) Live Music – Attend a concert put on by a band or orchestra. Are any of the instruments like the ones you made?

Juniors - *(Remember only 6 requirements are needed to complete the badge)*

***Dance** – 1.) Watch Their Moves – You can learn a lot about dance by watching how people (and animals) move. Watch two of the following and use your observations to choreograph or design an original dance: A group of young children playing, Animals in a zoo, such as monkeys, elephants, birds, seals, and reptiles, People on a crowded bus or train, some on their way to or from work, Dancers rehearsing in a yoga, ballet, or modern dance class, An athletic team warming up and playing a sport. 2.) Moods and Moves – Watch how people move when they are sad, happy, angry or lost in thought. Use mood and movement to portray a story or scene through dance. 3.) Step, Stamp, Stomp! – Tap dance, sometimes called dancing on the soles of your feet, is form of dance that accents fancy footwork. Learn three basic tap dance steps. 4.) Dance Watcher – Attend a dance performance, watch one on TV, or observe a dance class. How do the dancers movements match the music? Do the costumes make it more interesting? What did you like most? 5.) Dance Around the World – Explore the dance of a country other than your own. Learn the steps of at least one and dance it well enough to teach it to a friend or group. 6.) Lines and Squares – In line dancing, dancers are arranged in a line, side by side. Each person performs intricate steps to the beat of music. In square dancing, groups of eight form a square, with each person with a partner, in starting position. A square caller calls out the patterns to perform. Attend or put together your own square or line dance. Invite friends and family of all ages. 7.) Country and Western Dancing – Country dancing is fast-paced and musical. Some of the dances that make up country dancing, such as kicker dancing, cowboy dancing, and Western dancing can be done in couples or as line dances. Create a country and western theme dance event, with décor and food to match.

***Yarn and Fabric Arts** – 1.) Weave On – Learn how to weave and do one of the following: Weave something on a cardboard loom, make a belt with finger weaving. 4.) Knots – Learn how to make the following knots: Overhand,

Square, Granny, Half Hitch, Sheepshank, Clove Hitch. 5.) Knot Project – Do a simple macramé project: belt, plant hanger, bookmark, or placemat. 6.) Knit On – In knitting, learn how to cast on, knit, purl, and cast off. Make a scarf, cap, afghan square, or other small item. 7.) Crochet On – In crocheting, learn how to start a chain, single crochet, double crochet, tie off or end. Crochet a scarf, cap, afghan square, or other small item. 9.) Fabrics of the Past – Find out about a fabric art that was traditionally done by women in earlier times. 10.) Fabrics 'Round the World – Find out about fabric arts that are traditional to a particular culture or country.

***Making Music** – 1.) A Family Affair – All instruments belong to different family groups. Choose an instrument family and learn what the members of that family do. 2.) A New Sound – Design a brand new instrument. How is it played? What does it sound like? 3.) Practice, Practice, Practice – The best way to master any instrument is to practice. Try learning two new songs that you can practice, or make up your own silly songs. 4.) Compose Yourself – Write a simple melody of at least eight measures for an instrument. Write down your piece of music using symbols for notes, key, tempo, and dynamics. Try to teach someone to play your newly composed piece. 5.) Musical Roots – Many pieces of music have interesting stories behind them. Pick a piece of music and find out the following: What was the composer like? What other pieces did he or she compose? When was the music composed? Was it written? Does the piece of music tell its own story? 6.) Be a Conductor – Choose a piece of your favorite music and learn how to conduct the piece. Use something for a baton. 7.) Music with a Theme – Select one of these themes and play music that matches it, for an audience, friends or family: The sea, A river, A busy urban area, A forest, A mountain range, A field or meadow, A circus, or festival, A march or parade. 8.) On Stage – Using your musical skills, take part in a performance in a Girl Scout ceremony, an individual recital, a group performance, or a community musical event. 10.) The World and its Influence on Music – Throughout history, composers have written songs about significant world events. Some of these pieces were written in celebration. Find out about two pieces of music that were influenced by historical events. Play or sing them for your troop or group, and explain what influenced the composers to write them.

***Music Fan** – 2.) Listen to Something New – Listen to at least two types of music that are new to you – either live or recorded. 3.) Sharing Music – Perform! Sing, play an instrument, or produce a performance for others to see. Stage your performance for an audience of at least ten people. 4.) Found Music – Make your own simple musical instrument, using common objects found around the house. Pick one favorite song that you can accompany with your instrument. 6.) Folk Songs from Afar – Every culture has its own folk songs. Some have been translated into English; others are widely sung in their native languages. Learn a folk song from two different cultures. 7.) Careers in Music – You don't have to know how to play an instrument to find a job where music is important. Interview someone with a career that involves music, such as a sound engineer, a music critic, a composer, or a music teacher. Find out why that person chose a music career. How did she learn her job? What does she enjoy about her career? Write up your interview and share it with your troop, friends or family. 8.) Music: Insight into History – It's fun to look back and listen to music that was popular in another time. Find two songs that were written during another period of history. What does the music tell you about that period? Is that music still played today? 10.) Dance Time – Create a dance to a tape or CD that you've chosen.

Cadettes/Seniors/Ambassadors

Folk Arts

Heritage Hunt

Invitation to the Dance

On a High Note

The Performing Arts

Textile Arts