

*Taken from the Volunteer Toolkit Badge Year for Brownies
Dancer 1*

Overview

Note to Volunteers

In our next two meetings, we'll be doing a lot of moving – please make sure your Brownie is dressed in clothes that are easy to move around in and comfortable. Sneakers are preferred.

The excitement and fast pace of running troop meetings for the first time can sometimes leave us tongue-tied. For that reason, scripting is included for guiding girls through a meeting; these "lines" are under the heading "SAY." However, you know your girls best. If you feel you don't need the script, do what makes sense for you and your girls.

Prepare Ahead

- Get your badges [here](#).
- This meeting will require a lot of open space for the girls to move around. Be sure you hold this meeting with plenty of room to move.
- This meeting also requires music. Make sure you have a way to play music so everyone can hear it.
- You may have to YouTube some of the dances for your own research, then show the girls how to do the dances.
- Print out a PDF of the Girl Scout Promise and Law, one for each girl.
- Either cut out cardboard stars or buy pre-cut stars (one for each girl), to hang as decoration to create a "stage" area

Get Help from Your Friends and Family Network

Your Friends and Family Network can include:

- Girls' parents, aunts, uncles, older siblings, etc.
- Other volunteers who have offered to help with the meeting.

Ask your network to help:

- make snacks
- welcome girls to the meeting
- supply materials for the session

Meeting Length

90 minutes

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The times given for each activity will be different, depending on how many girls are in the troop. Plus, girls may really enjoy a particular activity and want to continue past the allotted time. As much as possible, let them! That's part of keeping Girl Scouting girl-led! And what do you do if you only have an hour for the meeting? Simply omit some of the activities.

Materials

Activity 1: As Girls Arrive

- Cardboard stars
- Markers and crayons
- Glitter
- Glue sticks

Activity 2: Opening Ceremony

- PDF of Girl Scout Promise and Law

Activity 3: Moves Like Jaguar

- Music
- Music

Activity 4: Dance Time Travel

- Music that corresponds to the dance fad for girls to try. Some examples could be:
- The Twist
- The Hand Jive
- The Chicken Dance
- The Disco
- The Cha Cha Slide

Activity 5: Partner Pick Up

- Music – preferably a waltz or swing or something that the girls would partner dance to.

Activity 6: The Art of Your Feet

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- Roll of craft paper or butcher paper, at least 5-6 feet long
- Washable paint in a variety of colors
- Paintbrushes
- Bucket of water
- Paper towels
- Music

Activity 7: Put Some Boogie In It

- Music
- Tissues, one for each girl

Activity 8: Snack break: Dancing Raisins

- Boxes of raisins, one for each girl and one for a demonstration
- Other healthy snacks: bananas, granola bars
- 7-up or sprite
- A glass

Activity 9: Closing Ceremony

- None

Detailed Activity Plan

Activity 1: As Girls Arrive

Time Allotment:

10 minutes

Materials

- Cardboard stars
- Markers and crayons
- Glitter
- Glue sticks

Steps

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As girls arrive, have them write their name on a star and decorate it. These stars will line the “stage” as girls dance later.

SAY:

- *As you arrive, take a star and write your name in it. Make sure your name is written in large letters, and then decorate the star any way you’d like. These stars will decorate your dance stage.*

Activity 2: Opening Ceremony

Time Allotment

10 minutes

Materials

- PDF of Girl Scout Promise and Law

Steps

Gather girls in a circle. Welcome them to the Dancer meeting.

Girls say the Girl Scout Promise and the Girl Scout Law together. Girls talk about dance styles and hang their dance stars around the room.

SAY:

- *Who’s ready to earn your Dancer badge? Get your energy going because you’re about to learn new steps and dances and make up a dance of your own!*
- *Who already likes to dance?*
 - *What kind of dance do you like to do?*
 - *Hopefully some of that experience will help, and if you have never danced before, that’s OK, too. This meeting will help teach you how to get your body ready to move!*
- *First, let’s decorate our dance stage with your stars. (Have girls hang or tape their stars around the room.)*

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Activity 3: Moves Like Jaguar

Time Allotment

10 minutes

Materials

- Music

Steps

Ask the girls to warm up by imitating animal moves. Give them about 30-40 seconds for each animal move.

SAY:

- *Before any real dancing can take place, we have to warm up and stretch out our bodies before we really get moving. As I play a song, I'm going to call out animals. Be ready to change your movements to match those of the animal I call. Who's ready?*

[Play music]

[Call out animals, such as:]

- *Rabbit*
- *Crab*
- *Cheetah*
- *Cat*
- *Elephant*
- *Horse*
- *Gorilla*

Activity 4: Dance Time Travel

Time Allotment

20 minutes

Materials

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- Music that corresponds to the dance fad for girls to try. Some examples could be:
 - The Twist
 - The Hand Jive
 - The Chicken Dance
 - The Disco
 - The Cha Cha Slide

Steps

emonstrate a dance fad, and then have the girls try it out.

SAY:

- *Now that everyone is warmed up, let's see some of your moves as we try out some old-time dance styles that may be new to you, but have been around for quite awhile.*
- *The twist! This one is from the 1950s and started with rock and roll music. (Play 50s rock music) Stand with your feet shoulder-width apart. Hold your arms out from your body. Bend your elbows. Then twist your hips, torso and legs on the balls of your feet.*
- *Ready to try?*
- *The hand jive. This style also came from the 1950s, but for a different kind of music: rhythm and blues. (Play rhythm and blues song) Start by patting your knees of thighs twice. Clap your hands twice. Criss cross your right hand above the other. Switch hands. Make fists and hit your hands together with your right hand on top. Do the same, switching hands. Make a hitchhiking sign with your right hand and point it over your shoulder. Do the same with your left side. Repeat all the steps.*
- *The chicken dance. This fun dance also came from the 1950s and was done to oompah music. (Play "The Bird Dance" by the Emeralds or a chicken dance from YouTube)*
- *First pinch your fingers and thumbs together in front of your chest four times. (Looks like you're imitating a chicken beak opening and closing.)*
- *Flap your arms four times.*
- *Wriggle side to side four times while lowering your backside as close to the ground as your can.*
- *Clap four times.*
- *When the swing music kicks in, grab a partner, lock arms and swing around.*

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- *The disco. This one became popular in the 1970s with disco music. (Play disco music)*
- *Take a step, a slight kick, and then step, step.*
- *Then, kick with the right foot, step right, step left. Face the corner, kick, step, step, kick, step, and step.*
- *Next you keep your feet together, then slide out right, left, right, left.*
- *Then, point your right finger up and put your left hand on your hip. Move your hips left, right, left, right.*
- *Plant your feet and bend your knees, sway side to side to the beat. Do cool hand moves like crossing your hands.*
- *You can also do “the bump” where you light touch side hips with another girl.*

- *The Cha-Cha slide*
- *This came from the late 1990s and was inspired by step aerobics. It’s a workout! Do this with each beat:*
- *Step to the left with your left foot.*
- *Step across your left foot with your right foot.*
- *Step again to the left.*
- *Touch the right foot down beside the left.*
- *Step to the right with the right foot.*
- *Step across your right foot with your left foot.*
- *Step to the right with the right foot.*
- *Touch the left foot down beside the right.*
- *Step back three times, alternating feet.*
- *(Note to volunteers: There’s more to this dance—hopping and clapping, girls can try if they watch a how-to video.)*

- *Now I’ll play some music and call out the dance – if you remember how to do it, start moving!*
- *When the music stops, freeze and strike a pose!*

Activity 5: Partner Pick Up

Time Allotment

10 minutes

Materials

- Music – preferably a waltz or swing or something that the girls would partner dance to.

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Steps

The girls will form a circle. Two girls will stand in the middle, and when the music starts, begin to dance with each other. When the music stops, they have to find a new partner. This continues until everyone is dancing a partner dance.

SAY:

- *Another dance you might not have tried is a partner dance. Decades ago, it wasn't proper for a lady to dance by herself – she had to be asked to dance by a man and they had to dance together.*
- *Let's try a partner dance – you don't have to do a particular style of dance, but try to keep to the beat together. We'll start with two girls in the middle, who will be our first partners. Anyone want to volunteer? Then, when the music stops, pick a new partner. They'll keep doing that until everyone is dancing with someone else.*

[After dancing is done]

- *What did you like or not like about partner dancing?*
- *Is it easier or harder to dance alone or with someone?*

Activity 6: The Art of Your Feet

Time Allotment

15 minutes

Materials

- Roll of craft paper or butcher paper, at least 5-6 feet long
- Washable paint in a variety of colors
- Paintbrushes
- Bucket of water
- Paper towels
- Music

Steps

Girls paint a mural using their feet as the brushes.

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SAY:

- *There is more to dancing than just knowing the steps. Dancers use their feet in different ways to show off a certain kind of dance. Think of how a ballerina uses your feet. Now think of how a hip-hop dancer uses them, or a tap dancer. Your feet can express the music depending on how you use them.*
- *We are going to show how our feet look when we try different moves. Everyone should take off their shoes, and roll up your pants. Using a paintbrush, paint a color on your feet. Then, dance across the roll of paper, and see what kind of art you create! We'll all try it and see how different our steps are.*
- *If you think the mural needs more paint, we can go more than once. Let's dance!*

Activity 7: Put Some Boogie In It**Time Allotment**

10 minutes

Materials

- Music
- Tissues, one for each girl

Steps

Girls dance to the music while trying to balance a tissue on their head.

SAY:

- *Another fun part of dancing is how to hold your body. Good dancers have great posture – they show how to hold themselves up the right way.*
- *If you are performing a partner dance, you need to have great posture so your partner can lean into you. Or if you are doing a hip-hop routine, you'd probably have a looser posture that flows.*
- *Let's work on building good posture by doing a tissue dance.*
- *Try to balance the tissue on your head while you dance to the music. If your tissue hits the ground, you are out and have to sit down. But if it falls off and you catch it, you can keep going. Last girl with her tissue on her head wins!*
- *Let's boogie!*

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Activity 8: Snack Break: Dancing Raisins

Time Allotment

5 minutes

Materials

- Boxes of raisins, one for each girl and one for a demonstration
- Other healthy snacks: bananas, granola bars
- 7-up or sprite
- A glass

Steps

Pour the soda into a glass. Drop 4-5 raisins into the soda. Watch them dance.

SAY:

- *Even fruit wants to get in on the dancing action! Have you ever seen a raisin dance? Watch as I pour these raisins into this soda, what happens – the bubbles find the little cracks and creases in the raisins, and lifts it to the top of the glass. When the bubbles pop the raisin falls again. It almost looks like magic!*

Activity 9: Closing Ceremony

Time Allotment

5 minutes

Materials

- None

Steps

Girls form a friendship circle and sing a song.

SAY:

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- *Today we had a lot of fun learning new dances, how to warm up and how to do all sorts of dances. But the music has just begun!*
 - *What was your favorite part of today's meeting?*
 - *What is your favorite music to dance to?*
- *As we get ready for our next Dancer meeting, think about what dancing means to you and how it makes you feel.*

Ask a girl to end the ceremony by starting the friendship squeeze.