



Fun with Movement

What do you do for fun? Maybe you like to draw, ride a bike, or play soccer. These activities are very different. But they have something in common. You MOVE to do them—and your body is the tool that lets you do it! This badge will get your body moving in all sorts of ways, big and small. From dancing to digging, stretching to smiling, it's time to move for fun!

Steps

1. Groove to the music
2. Move it outdoors
3. Move big, move small

Purpose

When I've earned this badge, I'll know my favorite ways to move my body for fun.



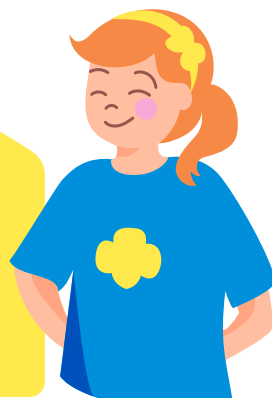
Step 1: Groove to the music



Dancing is FUN! It feels great to move to the beat. How do you like to dance? You might wave your arms and stomp your feet. You might nod along. It's up to you! However you dance, get your body moving and grooving to the music.

No one else is just like you.

How you think, act, and look are all unique. You have your own ways of moving and feeling good, and that's great! In this badge, find the movements that work best or feel good for your body.



Sample activities:

Dance, dance, dance! What music style do you like best? Pop? Salsa? Hip hop? How about country? Something else? Whatever music you like, guess what? You can dance to it! Groove along with four or five types of music. You can stand or sit to dance. It doesn't matter—just move! Wave scarves or ribbons to the beat, if you like. Afterward, talk about how dancing made your body feel.



Dance around the world. Cultures around the world have dances with their own music, steps, and dress. Invite a guest to teach you and your Girl Scout friends one of these dances. It should be someone from that culture—it's a way to show respect. The activity is more special that way, too! After you do the dance, learn about its history.

Step 2: Move it outdoors

Have you heard the phrase “elbow room”? It means there's lots of space to move around. You get elbow room when you take your fun outdoors. Give it a try!

Sample activities:

Play a game of “Daisy Says... move like an animal!” Go outdoors with a group of friends or family so you have lots of space. Do whatever “Daisy Says” to move like animals. You might stretch like a cat, or wiggle like a worm, or hop like a kangaroo. Just be sure to follow the instructions. If “Daisy” doesn't say it, but you do it anyway—you're OUT. (But if you can't or don't want to do an activity, just yell “PASS.” No outsies!)



Do some gardening. It's fun to get outdoors and work in a garden! (Just make sure an adult says it's okay.) You could plant seeds, tend flowers, rake, dig, or pull weeds. You might see birds, bugs, or butterflies. You can breathe fresh air and feel the sun on your skin. So, get into the garden and get moving—thanks to your amazing body!

Garden for Good

You could do a good deed with gardening. Help a neighbor, local group, or community garden. Have fun and make a difference!



Step 3: Move big, move small

Think of a fun activity. Do you use **BIG** or **SMALL** movements to do it? Maybe both? Let's see how all movement—**BIG** and **SMALL**—fuels our fun.

Sample activities:

Move big. Big movements are things we do with our arms, legs, and trunk (that's the middle part of your body, not an elephant nose). You move big when you run around a playground, splash through a puddle, or sway to a song you love. With a grown-up's help, list big movement activities you can do. Try three of them. Then think about how you used your body to make these movements.

Move small. Small movements are things we do with the small muscles of our hands, feet, and other body parts. You move small when you write your name, wiggle your toes, or stick out your tongue. With a grown-up's help, list small movement activities you can do. Try three of them. Then think about how you used your body to make these movements.

The GREAT Outdoors

Being outdoors lets you move **BIGGER**. It can make you feel happier. It can even help you pay better attention in school. So move your fun outdoors—at least some of the time!



Yay, Me!

Your body can do great things! Say some of them out loud. Finish these sentences with movement words.

I love to:

.....
.....
.....

I'm great at:

.....
.....
.....



I feel good when:

.....
.....
.....

Volunteer's Guide

Tips and ideas to help guide your troop through the Fun with Movement badge

This badge line addresses body issues and related topics. Some Girl Scouts may find these topics sensitive. As the facilitator, your delivery is critical in providing a positive experience. Visit the Volunteer Toolkit on mygs.girlscouts.org for information and resources that will help you make the most of this experience, along with detailed activity instructions and meeting aids.

Step 1: Groove to the music

Time: 20–30 minutes

Ask: What kinds of music do you like? Do you like to dance? If so, how?

Share: Dancing is a blast! It feels great to move to the beat. Maybe you wave your arms or stomp your feet. Maybe you just nod along, or wave a scarf or another soft item. You can do whatever feels good to you. Today, we'll groove to the music in our own ways and move our bodies for fun.

Sample activities:

Dance, dance, dance! Before the meeting, choose and be prepared to play dance-friendly songs in four or five music genres (pop, salsa, hip hop, country, etc.). During the meeting, talk about the fact that people enjoy different kinds of music—but whatever music they like, they can dance to it! Explain that “dancing” means moving to the music in ways a person enjoys and that feel good to them. Play your music selections, introducing each song as it begins, and have Daisies dance along however they like. Afterward, guide them to talk about how dancing made their bodies feel and whether different kinds of music inspired them to move in different ways.

Materials: *music-playing equipment of your choice; scarves or other soft materials to wave (if desired)*

Dance around the world. Reach out to your network to identify someone who can visit your troop and teach Daisies a traditional cultural dance. As a way of respecting the tradition, try to find a presenter from the culture you'll be learning about. Have the presenter explain the dance's history—when, where, and why is it done? What's special about it? Then have the presenter teach Daisies the dance. Afterward, encourage Daisies to talk about the dance and what they thought or liked about it. Ask them how they used their bodies when doing this activity.

Materials: *music-playing equipment of your choice*

Step 2: Move it outdoors

Time: 20–30 minutes

Ask: What outdoor activities do you like? Have you ever heard the phrase “elbow room”?

Share: The phrase “elbow room” means there's lots of space to move around. Not just your elbows—ALL your parts! You get elbow room when you take your fun outdoors. Today we're going to put our amazing bodies to work and have some outdoor fun. (Note: If going outdoors isn't possible or practical for your troop, alter this introduction accordingly.)

Sample activities:

Do some gardening. Take Daisies outdoors to do some gardening. The specific activity can

be anything you like—you might plant seeds, tend flowers, rake, dig, or even pull weeds. As Daisies work, encourage them to think about what they see (birds, bugs, butterflies) and what they feel (gentle breezes, sun on their skin). Afterward, have Daisies reflect on how they moved their bodies while doing the activity. If an outdoor trip is not possible or practical for your group, consider a gardening activity that can be done indoors, such as planting seeds in small pots. Guide Daisies to think about how the activity would be different if done outdoors.

Materials: *supplies will vary, depending on the planned activity or activities*

Play a game of “Daisy Says...move like an animal!” Take Daisies outdoors, to a place with plenty of room to move. If an outdoor trip is not possible or practical for your group, find the largest possible indoor space. Lead a game of “Daisy Says” where you guide Daisies to move like animals (stretch like a cat, wiggle like a worm, hop like a kangaroo, etc.). Make sure to consider any physical limitations troop members may have when giving instructions. If you start an instruction with the words “Daisy Says,” Daisies must do what you say (although players always have the option to yell “PASS” if they prefer not to follow an instruction). If you do not say “Daisy Says,” anyone who follows the instruction is out. Continue until one Daisy wins! As players are called out, however, encourage them to keep playing along. A player who is out cannot win, but they can still play!

Materials: *none*

Step 3: Move big, move small

Time: 20–30 minutes

Ask: What's your favorite way to have fun? Do you use big or small movements when you do it?

Share: Sometimes you move BIG. Big movements might be running around a playground, jumping into a puddle, or swaying to a song you love. Sometimes you move small. Small movements might be blinking, drawing, or sniffing a flower. All movement—whether it's BIG or small—fuels our fun. Today, we'll pick one type of movement and have a great time doing it!

Sample activities:

Move big. Tell Daisies that big movements are things we do with our arms, legs, and the middle part (trunk) of our bodies. Ask them to name big movements they can do within the meeting space, providing prompts if needed. Examples might include moving around a table, doing jumping jacks, or opening and closing a door. Keep a list of the movements. When you have at least ten, ask Daisies to pick three from the list to try (or substitute their own). Afterward, guide Daisies to talk about how they used their bodies to make the big movements and how they use these movements in their everyday lives.

Materials: *pen or pencil; paper*

Move small. Tell Daisies that small movements are things we do with the small muscles of our hands, feet, and other body parts. Ask them to name small movements they can do within the meeting space, providing prompts if needed. Examples might include writing their name, wiggling their toes, or sticking out their tongue. Keep a list of the movements. When you have at least ten, ask Daisies to pick three from the list to try (or substitute their own). Afterward, guide Daisies to talk about how they used their bodies to make the small movements and how they use these movements in their everyday lives.

Materials: *pen or pencil; paper*



girlscouts 

Made possible by Flamingo.

TM ® & © 2025 Girl Scouts of the United States of America. All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, electronic or mechanical methods, including photocopying, recording, or by any information storage or retrieval system, now known or hereinafter invented, without the prior written permission of Girl Scouts of the United States of America (GSUSA), except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permissions requests, write to GSUSA at the address below or visit the www.girlscouts.org website to access permission request forms.

First published in 2025 by Girl Scouts of the United States of America
420 Fifth Avenue, New York, NY 10018-2798
www.girlscouts.org

