



*Taken from the Volunteer Toolkit Badge Year for Juniors
Independence 2*

Overview

Note to Volunteers

Ask parents if their girls can bring in an old T-shirt (any size).

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](#).
- Print out a copy of the Girl Scout Promise and Law.
- Gather extra old t-shirts for girls to make into no-sew items at meeting.
- For snack time, slice apples into ½" rounds, enough for 2 slices per girl
- For Activity 6, write the following scenes on a paper, fold it, and put in a bowl for girls to pick:
 - Run a family errand. You could make a grocery list and go to the store with an adult. Or pick up something from the dry cleaners, also with an adult.
 - Go to a mall with a friend to buy a gift for a friend.
 - See a movie with a friend. What money will you need? How will you buy tickets?
 - Host a sleepover with friends. What will you do? Play a game? Make a craft? Have a dance-a-thon?
 - Animal-sit: take care of a friend's hamster or walk a neighbor's dog.
 - Go to a sit-down restaurant with a friend, order, eat, and pay for your own meal.
- For Activity 7, prepare for each girl, on card stock, an Emergency Contact Worksheet with the following:
- **IN CASE OF EMERGENCY**
 - Police/Ambulance: **DIAL 911**
 - Poison Control Center: **1-800-222-1222**
 - Parent(s) Name(s):
 - Home address:
 - Cell phone:
 - Work phone:
 - Neighbor's name:
 - Home phone:
 - Cell phone:
 - Emergency contact (friend or family member)
 - Home phone:



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- Cell phone:
- Doctor's name:
- Doctor's phone number:
- Fire Department:
- Gas Company:
- Electric Company:
- Water Company:

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

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

- Pens and pencils
- Paper

Activity 2: Opening Ceremony

- PDF of Girl Scout Promise and Law



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Activity 3: Habit Breaker

- Card stock paper to make a month calendar
- Pens
- Markers
- Sharpies to write on rubber bands
- Rulers
- Extra wide colored rubber bands or plain (no words) silicone bracelets

Activity 4: Project Fashion

- Old T-shirts
- Scissors, enough for each girl
- Tape

Activity 5: Snack Time: Make Your Own

- Apples sliced crosswise into ½” rounds, at least 2 per girl
- Almond or peanut butter
- Granola
- Dried fruit, raisins
- Cornflakes or any cereal
- Potato chips
- Chocolate chips
- Water or juice to drink

Activity 6: My Independence Skit

- Folded paper with scenes in a bowl

Activity 7: My Emergency Contacts

- Emergency Contact Worksheets
- Pens

Activity 8: Closing Ceremony

- Junior Independence badges, one for each girl

Detailed Activity Plan

Activity 1: As Girls Arrive



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Time Allotment

5 minutes

Materials

- Pens and pencils
- Paper

Steps

Have girls write or draw any bad habits they think they have.

SAY:

- *Choose a bad habit you have and write it down or draw a picture of it. It could be being late for school. Forgetting to bring schoolwork home. Watching too much TV. Arguing with siblings. Biting your fingernails. Eating too much junk food. We'll work on it later!*

Activity 2: Opening Ceremony

Time Allotment

5 minutes

Materials

- PDF of Girl Scout Promise and Law

Steps

Gather girls in a circle. Welcome them to the second Junior Independence badge meeting.

Girls say the Girl Scout Promise and the Girl Scout Law together.

SAY:



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- *Last meeting you found out what being independent means and how you can start doing it. Did anyone do something new at home or have something to share about being independent? Let's go around the circle.*

Activity 3: Habit Breaker

Time Allotment

25 minutes

Materials

- Card stock paper to make a month calendar
- Pens
- Markers
- Sharpies to write on rubber bands
- Rulers
- Extra wide colored rubber bands or plain (no words) silicone bracelets

Steps

Have girls make a calendar to overcome their bad habits.

SAY:

- *Part of being independent is practicing good habits. You'll work on changing one bad habit. The one you wrote about when you arrived. It could be something you do at school, at home or with your friends. It's up to you!*
- *Did you know there are smartphone apps that can help you break a bad habit? We're going a little more low-tech today, but we'll do a few things to remind you of a bad habit.*
- *First, think about your habit. Why do you do it? When do you do it? How do you feel before and after you do it? How does it make you feel? How does it make others feel?*
- *Then, make a 30-day calendar, starting with today. So if it's the middle of the month, your calendar will go to the middle of next month. You'll track your bad habit for the next 30 days. Leave room on the top to write something.*
- *On the top, write what your habit is and one thing positive to replace it.*

[Example:]



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- *I eat too much junk food. I'll eat more fruits and vegetables to help my body grow and be healthier.*
- *I forget my homework at school. I'll remember my homework and remind my friends to bring theirs, too.*
- *I can sometimes be bossy with my friends. I'll listen more to my friends and be nicer.*
- *I watch too much TV. I'll read my favorite books instead of watching TV.*
- *When you're done with your calendar, make a habit breaker you can wear.*
- *Find a rubber band (or silicone bracelet) in a color you like.*
- *Then use a sharpie to write your bad habit on the inside of the band. On the outside, which you will see all the time, write the positive thing you will try to do to replace your bad habit. You can shorten the sentences to just a few words so it will fit on the bracelet.*

[When girls are done]

- *After a week of not doing your bad habit, reward yourself by doing something nice for yourself. What do you think you can do that you will like?*
- *Do you think anyone will notice your improvement?*
- *Is there anyone you can use as your support so they can cheer you on as you break your habit?*
- *To break a habit, you need to practice, practice, and practice. What do you think that means?*
- *Do you think you can break your habit after you reach your 30-day challenge?*

Activity 4: Project Fashion

Time allotment

25 minutes

Materials

- Old T-shirts
- Scissors, enough for each girl
- Tape

Steps

Girls make something out of used t-shirts.

SAY:



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- *Being independent also means taking charge of what you wear. The coolest clothes are totally original and something you make yourself is always original. Today you'll make something out of a used T-shirt. And when you're done, have a fashion show to show your designs.*
- *Here are some projects you can do. Pick one or do them all if there's time:*

Make an infinity scarf.

Cut a line straight across just above the bottom hem and just below the sleeves or the armpit. This will form the scarf so cut the edges as smooth as possible.

Make a t-shirt tote.

Cut sleeves off shirt.

Cut neck out of shirt.

At the bottom of the shirt, cut slits about every inch through both layers. The slits should be long enough so you can tie them twice. Remember your shirt will stretch when you put stuff in it!

Tie the knots. If you don't want them to show, turn the T-shirt inside out and tie on the inside before turning it out again.

For additional pop, cut small strips of extra fabric and tie small knots on the handles.

Make a braided bracelet.

Cut the bottom seam off t-shirt.

Cut long strips about 1-inch wide along the bottom. If there are other scraps you can use from different t-shirts, cut strips from those, too!

Gather the strips and tie a knot at the top. Tape the top down to the table and start to braid from the bottom up.

Once you get to the top, fit it to your wrist, tie it to your topknot, and cut any excess strands.

DIY!

Re-fashion a t-shirt any way you want! You can cut fringes. Cut the neckband or sleeves off. Cut into the neck or sleeve area to create a shredded look. Make it shorter. Add a patch or sticker. Cut the bottom seam to make a belt. Cut out something geometrical



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from the back of the t-shirt. Color it with markers. Be creative and come up with something you think will look cool.

[Have girls wear or share their designs.]

- *Do you have ideas for other things you can work on to be a fashion designer? Like what you might do with an old pair of jeans?*

Activity 5: Snack Break: Make Your Own

Time Allotment

10 minutes

Materials

- Apples sliced crosswise into ½” rounds, at least 2 per girl
- Almond or peanut butter
- Granola
- Dried fruit, raisins
- Cornflakes or any cereal
- Potato chips
- Chocolate chips
- Water or juice to drink

Steps

Girls make their own apple snack

SAY:

- *Who makes their own snacks at home?*
- *What do you make?*
- *That’s a good step towards being independent, right?*
- *Today, you’ll make your own peanut butter sandwich with a twist...you’ll make it with apples! Spread some peanut butter or almond butter on the apple slices, then add your fixings.*

[While girls are eating]

- *What would be your ideal sandwich at home? How would you make it?*



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Activity 6: My Independence Skit

Time Allotment

20 minutes

Materials

- Folded paper with scenes in a bowl

Steps

Girls break into teams and act out a skit of independence.

SAY:

- *Now that you've been finding out ways to be independent, you'll break into teams and act out a scene of being independent.*
- *Pick one from the bowl, plan what you'll do, and then act it out for the group.*

[When girls are done...]

- *Have you ever done any of these things we acted out? If so, tell us about it.*
- *Did any of these things make you nervous to do? Which one and why?*

Activity 7: My Emergency Contacts

Time Allotment

10 minutes

Materials

- Emergency Contact Worksheets
- Pens

Steps

Girls create emergency contact sheets.



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SAY:

- *When you're home, do you have family rules or instructions about answering the door, picking up the phone, what to do in a storm or if you smell smoke?*

[After girls share]

- *Fill out this "In Case of An Emergency" worksheet with the things you know. Don't worry if you don't have all the information. You can finish filling it out with your parents at home.*
- *This is a good thing to have in case something happens. Then keep it in a place you can get to easily in case of an emergency.*
- *Is there anything you want to add to this list? Like your dentist's name and phone number? How about your pet's doctor?*

Activity 8: Closing Ceremony

Time Allotment

10 minutes

Materials

- Junior Independence badges, one for each girl

Steps

Girls form a friendship circle and get their Independence badges.

SAY:

- *What did you like most about earning your Independence badge?*
- *What things can you do at home or school to show you are independent? [Examples: make your own bed, wash dishes, learn how to fix your bike, do your homework without asking.]*
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- *Don't forget to take your calendars home and start tracking your bad habit today. It's OK if you don't stop every day, it may take some time.*
- *Congratulations on earning your Independence badge!*

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