

JUNIOR INDEPENDENCE BADGE - MEETING 1

Badge Purpose: When girls have earned this badge, they'll have confidence doing things on their own and will know how to help others have confidence in them.

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started Girls recite the Girl Scout Promise + Law.	☐ (Optional) Girl Scout Promise and Law poster
15 minutes	Growing Up is Hard to Do Girls think about the skills they'll need to become an independent person.	☐ Paper (six sheets per girl) ☐ Writing utensils ☐ Coloring utensils ☐ (Optional) Tape or hole punch and brass fasteners or string
15 minutes	Let's Plan a Trip! Girls learn how to navigate public transportation.	☐ Copies of public transit maps and schedules ☐ Paper ☐ Writing utensils
20 minutes	Watch Out Fashion, Here I Come! Girls make their clothes look great.	☐ Sewing needles ☐ Thread ☐ Tacky or fabric glue ☐ Scrap fabrics or patches ☐ Buttons (different colors, shapes, and designs) ☐ (Optional) Sequins, embellishments, fabric paint, or fabric markers ☐ (Optional) Iron-on fabric patches that can be substituted for scrap fabric and an iron
10 minutes	Snack Chat Girls enjoy snack discussing what they have learned.	Healthy snack
15 minutes	Wrapping Up	(Optional) Make New Friends song lyrics poster

Getting Started

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.



Activity #1: Growing Up is Hard to Do

Time: 15 minutes

Badge Connection: Activity links to multiple badge topics

Materials Needed: Paper (six sheets per girl); writing utensils; (optional) tape, or hole punch and brass fasteners or string

1. Give each of the girls six pieces of paper. Have them write the following age ranges on each sheet (one age range per sheet):
 - Baby/toddler
 - Elementary school
 - Junior high or middle school
 - High school
 - College
 - Adult
2. On each sheet of paper, ask the girls to write down skills that they had/have/or might have at each age and things that they can or cannot do on their own. As they progress through the ages, they should include responsibilities they anticipate having when they grow up. Girls can express these items with words and/or pictures.
3. After they are done, girls can either tape the sheets up together to make a personal timeline or create a booklet with a hole punch and fasteners/string.
4. Ask the girls what they think it will take for them to achieve these skills and what it means to be more responsible. It all leads to being an independent person!

Activity #2: Let's Plan a Trip!

Time: 15 minutes

Badge Connection: Step 1 – Get transportation smart

Materials Needed: Copies of public transit maps and schedules; paper; writing utensils

Prep Needed:

- This activity calls for public transit schedules and/or maps. You can go to your local public transportation center or the public transit website to get copies of maps and schedules. If your area does not have its own public transportation system, you can use another city's public transit information by searching for it on the web or by visiting a local library or travel agency website. Or, use the sample transit map at the end of this activity plan.
1. Reflect with the girls on the list of skills they came up with in Activity #1. Discuss how getting around by themselves is a big part of becoming independent. Ask the girls to think about different ways they get from place to place from the time they are a baby to when they are an adult. Who plans the trip and how do they know how to get there?
 2. Ask the girls if any of them have used public transportation before. How did it work?
 3. Tell girls that they are going to plan an imaginary trip around town and will visit two to three different places of their choosing.
 4. Divide the girls into small groups or pairs. Instruct the girls to create a story about where they are going and why they have to go there. For example:
 - "I have tickets to the theater tonight at 7 p.m. I need to go to the mall to get a new dress, go to a restaurant for dinner, and then go to the theater for the show."
 5. Girls should then use the maps and schedules to help plan their trip. (Note: The destinations don't have to really be in a certain place on the map. Girls can choose a location or intersection and pretend that a specific destination, such as the theater, is at that location.)
 6. The girls should also think about how much public transportation costs and how much money they will need to bring. They should also consider how much time it will take to complete their trip.



7. After their trip plan is complete, groups/pairs can share their trips with each other and explain why they chose that route to their specific destinations.

Activity #3: Watch Out Fashion, Here I Come!

Time: 20 minutes

Badge Connection: Step 2 – Make your clothes look great

Materials Needed: Sewing needles; thread; tacky or fabric glue; scrap fabrics or patches; buttons (different colors, shapes, and designs); (optional) sequins, embellishments, fabric paint or fabric markers; (optional) iron-on patches that can be substituted for scrap fabric, and an iron

Prep Needed:

- Gather materials and supplies. Most items can be found at fabric or craft stores like Jo-Ann Fabrics or Michael's.
 - Ask parents/guardians to send an article of clothing that needs mending to the meeting (e.g. their girl's button-up shirt with a missing button or her pair of pants with a small hole). The items should still fit the girls and they should be items that parents don't mind if the girls decorate or alter.
 - Bring a few extra clothing or accessory items that fit the activity in case anyone forgets (e.g. a girl's bandana, a t-shirt, or some clean socks).
1. Ask the girls if anyone has ever had a button fall off their shirt or if they have ripped a hole in their jeans. Tell the girls that an important part of being independent is taking charge of their wardrobe by fixing fashion mishaps and creating their own personal styles. This activity will teach them how to do just that.
 2. Have the girls patch up the holes in their pants or replace buttons on their shirts.
 3. Optional: Girls can use other fabric or craft accessories like jewels, sequins, fun buttons, scrap fabric, or fabric paint/markers to change the look of their clothing item/accessory and create their own styles.

Activity #4: Snack Chat

Time: 10 minutes

Badge Connection: Questions link to multiple badge steps

Materials Needed: Healthy snack

1. While enjoying snack, here are some things for girls to talk about:
 - Have you ever planned an imaginary trip to a far-off place? Where would you go?
 - Is there anything that your parents do for you that you want to try and do by yourself?
 - Have you ever organized anything at home for yourself or someone else? What was it?
 - Now that you are your own fashion designer, what would you do if a family member got a hole in a favorite pair of jeans?
 - What is one thing that you can do at home or at school that will show others how to be independent (e.g. make your bed, do your own laundry, and clean your own dishes)?

Wrapping Up

Time: 15 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

- Field Trip Ideas:



- Take a trip on public transit. Let the girls plan the itinerary and determine which route would be the most cost-effective and time efficient.
- Visit a central bus or train station to see how everything works.
- Take the girls to a shelter or food kitchen to volunteer and learn how to wash dishes or launder the tablecloths.
- Speaker Ideas:
 - Invite a public transit employee to come talk about the benefits of public transportation for people who don't have vehicles or choose not to drive.
 - Invite a travel planner to come to your meeting to discuss what they do for their job and how travel allows people to explore their independence.
 - Invite a small business owner to talk about what it means to run a business and how independence is important.



Transit Map (Sample)

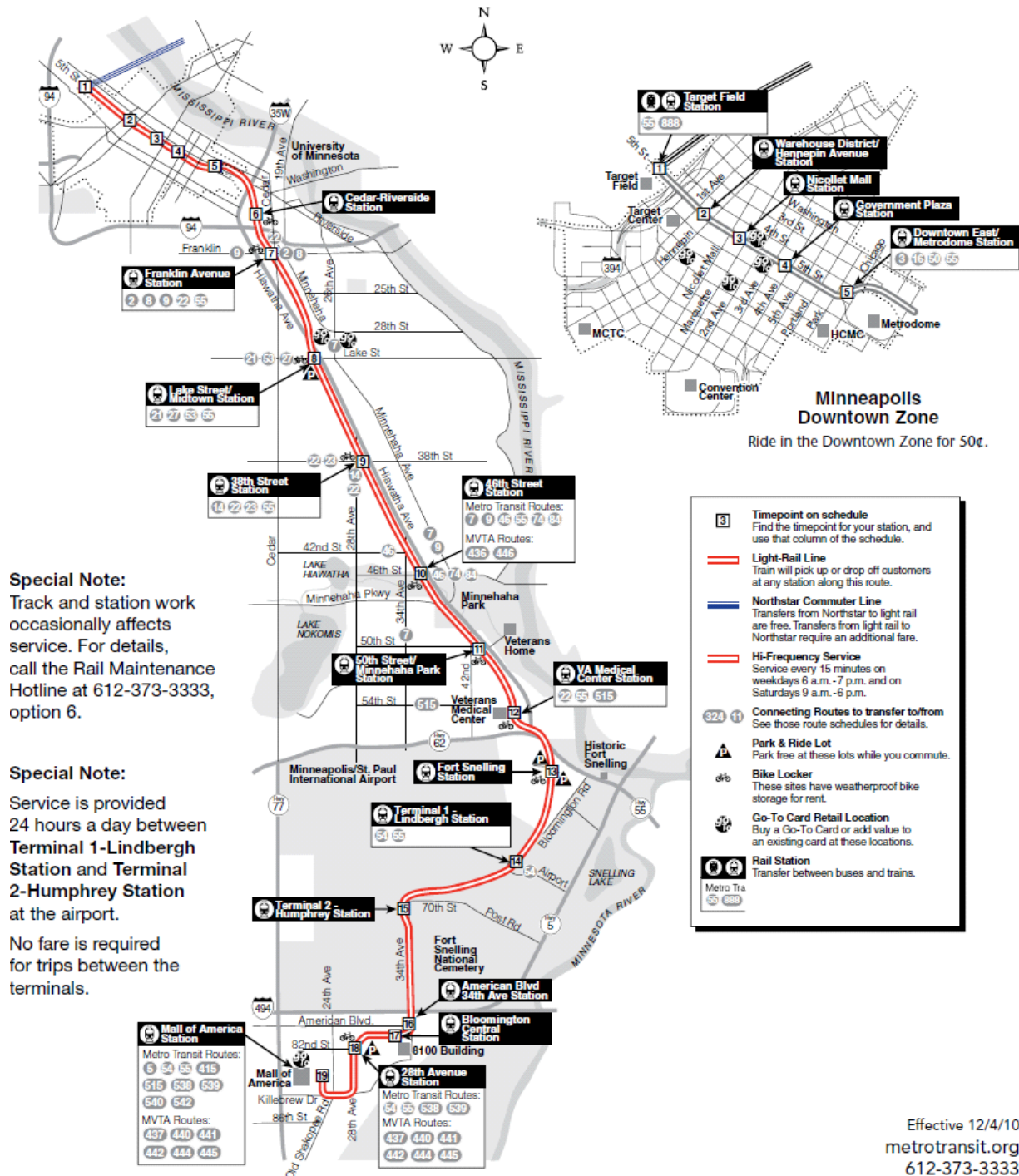
Light Rail
Route

55 hi 55

Map
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T Metro Transit

Hiawatha Light-Rail Line



Effective 12/4/10
metrotransit.org
612-373-3333

Example of a transit map from www.metrotransit.org