This plan is designed around a 90-minute meeting time.

About The Badge Archive Basic Plans

Basic Meeting Plans are designed to have minimal supplies and still hit the GSUSA Requirements. Most meetings can be done in a 90 minute time frame.

Full instructions for each activity are found on the connected links. This outline shows the recommended order of activities for a nice flow from one activity to the next.

Meeting Start (5–10 min)

Leader Instructions: Begin with your regular opening exercises, ceremony, or song. If your scout group uses a flag ceremony, motto chant, or circle welcome, insert those here. Want ideas for troop openers? See https://tinyurl.com/43xa4zm8

Feel the Dance (25 min)

Activity 1 – Dance to music (freely OR learning steps from different cultures) AND discover how rhythm and creativity can bring joy to everyone.

(Requirement 1 Earned)

<u>Feel the Dance</u> - Scouts listen to music and move in ways that match how they feel, exploring gentle and energetic movement styles.



Animal Dance (15 min)

Activity 2 – Explore how your body moves in different ways, using big actions like jumping or running and small actions like drawing or blinking.

(Requirement 3 Earned)

OPTION A:

<u>Critter Shuffle</u> – Scouts follow a fun animalthemed dance called the Critter Shuffle, then guess which verses used big or small movements.



OPTION B:

<u>Creature Groove</u> – Scouts follow a fun animalthemed dance called the Creature Groove, then guess which verses used big or small movements.



Game: Scout Says Move Like an Animal (30 min)

Activity 3 – Explore movement and nature through an outdoor activity (gardening movements OR animal Simon says).

(Requirement 2 Earned)

<u>Game: Scout Says Move Like an Animal</u> - Scouts play a silly, active game where they follow animal-inspired movements like hopping or flapping to build body awareness, creativity, and listening skills.

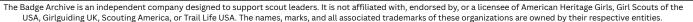


Meeting End (5-10 min)

Leader Instructions: Guide scouts to help clean up. Wrap up with your scout group's closing routine. This could include reflections, a goodbye chant, or a favorite song.

Need ideas for closing rituals? See https://tinyurl.com/yfw294zx

Extra Time? Play any Pick-Up Game until it's time to go home.





Items Needed for All Activities:

- Music-playing equipment (phone, speaker, etc.)
- Open space to move safely
- (optional) Scarves or soft fabric to wave
- (optional) VTK Move Like an Animal by GSUSA Download from The Badge Archive

OPTION A:

• Printed lyrics of the Critter Shuffle

OPTION B:

• Printed lyrics of the Creature Groove