



Fun With Movement

BASIC MEETING PLAN



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)

Feel the Dance - 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:

Critter Shuffle - Scouts follow a fun animal-themed dance called the Critter Shuffle, then guess which verses used big or small movements.



OPTION B:

Creature Groove - Scouts follow a fun animal-themed 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)

Game: Scout Says Move Like an Animal - 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.



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SUPPLY LIST



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