



Me Time Meeting 1 of 2

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>

Stretch Story (20 min)

Activity 1 - Explore how fun, everyday movements like stretching and laughing (Laughter Yoga OR Stretch Story) can help you feel calm, energized, and great in you body.

(Requirement 2 Earned)

GSUSA On The Move Story - Scouts listen to a story and follow along with stretching movements that help them care for their bodies, feel good, and build awareness of physical wellness through gentle motion.



Food Energy (20 min)

Activity 2 - Explore how food and water give our bodies the energy to move, play, and enjoy the things we love (Learn what foods fuel activity OR track how much water you should drink daily).

(Requirement 1 Earned)

Game: Fuel Movement - Scouts choose a physical movement and pair it with an energy-giving food, then perform the action to explore how different foods help fuel their bodies for play and motion.



Body Language (20 min)

Activity 3 - Learn how body language helps show feelings, even without words with posture, facial expression, or movement (Mirror Body Language OR Body Language Charades).

(Requirement 3 Earned)

Mirror Body Language - Scouts take turns sharing something fun to talk about while their partner mirrors their body language, learning how emotions can be expressed through posture, gestures, and facial expressions.



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? Try new rounds and make challenges for the Mirror Body Language activity.



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Movement Time (20 min)

Activity 1 - Use your body and senses to discover how movement and observation help you experience new things.

(Requirement 4 Earned)

[Movement Scavenger Hunt](#) - Scouts go on an interactive scavenger hunt that combines movement and sensory observation to explore how their bodies help them learn, explore, and feel.



Move Around (20 min)

Activity 2 - Discover how trying new activities and hobbies can bring joy (go on an outing OR try a new hobby).

(Requirement 5 Earned)

Play a version of Tag they haven't played before. See [Tag - and 31 Variants](#) for a list of versions. (Bonus: Try several and vote on the troop's favorite version.)



Meeting End (5–10 min)

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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 Meeting One:

- VTK On the Move by GSUSA
- Open space to stretch and move safely
- Movement Prompt Cards (one set, scattered or in a pile)
- Food Energy Cards (one set, with food options like banana, bread, egg, etc.)

Items Needed for Meeting Two:

- Create a Scavenger Hunt List (one per scout) – See ideas in activity details
- Pencils or pens
- Large open space for tag