

## The Brownie Program In a Nutshell

### Key to Brownies

1. Making a Promise
  - a. Learn the Brownie Promise and Law
  - b. Learn the Brownie Motto and Sign
2. Getting to Know You
  - a. Sing a welcoming song
  - b. Play a getting to know you game
  - c. Find out what the other Brownies like to do
3. Enrolling in Brownies
  - a. Make an invitation to your enrolment ceremony
  - b. Plan a menu and who is bringing what
  - c. Practice your Promise
  - d. Have an enrolment party
  - e. Do the Grand Howl
4. Being a Brownie
  - a. Listen to the Brownie Story
  - b. Learn the Brownie Song and Brownie Cloising
  - c. Learn to tie your tie
  - d. Discuss the Brownie circle and learn your circle's song
  - e. Plan what you want to do at Brownies

### Key to Me

1. Who Am I?
  - a. Discuss what you do well and what you want to try
  - b. Make a booklet about you

2. I Feel Proud

- a. Discuss what makes you proud and why
- b. Share what else you could do that would make you proud

3. My Favourite Things

- a. Talk to your friends about things they like to do and why
- b. Talk about your Unit's favourite things
- c. Make a treasure box

4. Respecting Others

- a. Name different kinds of manners
- b. Put on a skit showing good manners at school

5. Being a Friend

- a. Make friendship cards
- b. Describe something you like about your friends
- c. Invite a friend to a Brownie meeting

6. Fun Alone

- a. Plan an activity to do by yourself
- b. Draw a picture of a special place to read/draw/etc

7. Helping Others

- a. Read a story about friends helping friends
- b. Act out a peer pressure/bullying situation

Interest Badges

Memories

- Make a time capsule
- Start an autograph book and collect signatures from your Brownie friends

My Space

- Draw your room as it is now, and what you would like it to look like
- Find 3 ways to make your room more organized

#### Pen Pals

- Find out about Brownies in another country – their uniform, what they're called, etc.
- Make a Brownie doll from that country

#### My Hero

- Think about what makes a hero
- Who is your hero? Why?
- Read a story about a hero and share it

#### Special Thoughts

- Keep a diary for two weeks
- Draw a picture of an event in your diary and share it
- Make a poem/picture about your family/friends/a special event/something you like/a special place

#### Girlfriends Through Time

- Draw a picture of what your grandma and mom wore when they were your age
- Ask your grandma and mom what they liked to do when they were your age
- Read a story about another time. Discuss it and explain how things are different from today.

#### Cool Collecting

- Collect something you like and organize it for display
- Share it at Brownies

#### Special Interest Badge

- Create your own badge to show what makes you special

#### Key to My Community

1. My Neighbourhood
  - a. Discuss why you like where you live
  - b. Take a walk and share the sights and sounds of your neighbourhood
  - c. Name 2 neighbourhood events. Do they take place at the same time each year?
  - d. Do a neighbourhood service project
2. Proud to Be Canadian
  - a. Play a game about Canada
  - b. Learn a song about Canada
3. Our Flag and National Anthem
  - a. Draw a picture of our flag
  - b. Have a flag ceremony
4. Celebrations
  - a. Discover a ceremony from a culture different from yours
  - b. Have a meeting to share snacks from your own culture or faith
5. Jobs in the Community
  - a. Name 6 jobs people have in your community
  - b. Have a career night and dress as a job you'd like to do
6. Advertisements All around Us
  - a. Discuss 3 things you see advertised
  - b. Choose 2 ads and discuss what they show you about the product
7. Art in the Community
  - a. Look at art and discuss what you like about it
  - b. Talk about art in public places. Did you like the art you discussed?

#### Interest Badges

All About Canada

- Paint a maple leaf or beaver on a t-shirt. Why are they symbols of Canada?
- Collect a set of Canadian coins. Discuss the symbols on the coins.
- Create a collage with your provincial flower, tree, mineral, bird, and flag
- What other plants and animals might make good Canadian symbols? Why?

#### Aboriginal People in Canada

- Find out about the Aboriginal People who lived in your area
- Learn an Aboriginal song/dance/game/folk tale/ceremony
- Make an Aboriginal symbol and learn its history
- Use an Aboriginal invention
- Play an Aboriginal game

#### Modern Canadian Inventions

- Find 4 Canadian inventions. Who created them? When?
- Draw or make a model of an invention and tell why it's important.

#### Family Heritage

- Interview an older relative about when she was young
- Locate your parents' or grandparents' homes on a map. Why did your family move from that place? When did they come to where they are now?
- Share a family treasure and tell its story
- Prepare a food that is part of your heritage

#### Your Day

- Share how you celebrate your birthday
- Ask how others in your Unit celebrate their birthdays
- Learn how someone in another country celebrates a birthday

- Create a poster/poem/dance/song about you, your family/friends, and things you like to do.

#### Special Days

- Make a symbol of a celebration from another culture. Know what it means
- Interview someone from another country. Share a food from their home country.
- Discuss your favourite celebration and share a story about it
- Invent a new celebration for a natural occurrence or group event and hold a celebration

#### Community Counts

- Help a neighbour with a chore
- Take flowers/card to a senior's centre and have a visit
- Help out at a food bank/community garden/other community service
- Choose another way to service your community

#### Special Interest Badge

- Create your own special interest badge about your community

#### Key to I Can

##### 1. Staying Safe

- a. Make a safety book
- b. Learn how to call for help in an emergency
- c. Learn the emergency telephone numbers
- d. Learn to "Stop, Drop, and Roll"

##### 2. First Aid

- a. Make up a skit for an emergency situation
- b. Make a book of emergency rules

- c. Invite someone to talk about first aid
- d. Show how to clean and bandage a scrape

3. Around the House

- a. Take responsibility for a household chore
- b. Help a friend with a chore
- c. Keep your room tidy

4. Turn It On Safely

- a. Name all the appliances in your home. Which ones can you use?
- b. Check each appliance for safety features
- c. Use 3 appliances

5. Tool Girl

- a. Find broken toys or clothing
- b. Learn what tools you need to fix them
- c. Ask an adult for help and fix them
- d. Draw an object of something you can make, and then make it.

6. Sewing Magic

- a. Sew a gift for a special occasion
- b. Make your own wrapping paper
- c. Wrap your gift

7. Party Planner

- a. Pick an event to celebrate
- b. List people to invite
- c. Design invitations. Plan a menu and activities.
- d. Prepare food
- e. Get help if you need it

## 8. Girl Guide Cookies

- a. Plan an activity your Unit would like to do. Find the cost. Discuss how cookie sales will help to make it happen. Create an ad to promote Girl Guide Cookies.
- b. Set a goal for your cookie campaign. Discuss how well you met your goals.
- c. Practice selling cookies using skits

## Interest Badges

### Cookies, Yum

- Find out how to be a safe cookie seller
- Learn the price of a box, how to keep records, and how to make change

### Wood Works

- Learn the safety rules and protective equipment for woodworking. What tools need adult supervision?
- Use 2 tools you've never used
- Build a mobile, wood chimes, a birdhouse, a birdfeeder, a kite, or a treasure box

### Money Talk

- Think of something you'd like to buy. How much would it cost? When do you want to buy it?
- Plan how you will get the money
- Why do people use financial institutions? Open a bank account. Save some money.

### Pet Pals

- Discuss basic skills for owning a pet
- Why does a pet need to be active and healthy?
- Visit a humane society or animal hospital
- Share something about your pet, or share a story about a pet

### Be a Chef

- Plan a simple meal, including one hot item
- Make a list of ingredients. Use a cookbook. Go shopping with an adult.
- Follow safe food handling practices
- Learn the names and uses of kitchen utensils. Use the stove or microwave.
- Prepare the meal and clean up

### Listen to This

- Discuss being a good audience
- Act out good and bad audience skills.
- Attend a local play or recital

### Special Interest Badge

- Create your own badge about something you can do

### Key to Active Living

#### 1. Feel the Pulse

- a. Take your pulse and learn what a normal rate is
- b. Invite someone to talk about exercise and breathing
- c. Act out a skit about the parts of the body and how they work together

#### 2. Outdoor Action

- a. Try a winter activity
- b. Try a spring activity
- c. Plan a summer picnic with relay races
- d. Plan an outside game

#### 3. Fabulous Food

- a. Plan and make a meal using each of the food groups

- b. Play restaurant. Have one healthy menu and one unhealthy menu.
  - c. Try a new food from a different country
- 4. Germ Buster
  - a. Make up a story about germs
  - b. Help clean an area to fight germs
  - c. Learn how to clean your hairbrush/comb and toothbrush
- 5. Good health
  - a. Name 3 active things you do around the house
  - b. Name 3 active things you do at school
  - c. What is your favourite sport? How often do you play?
- 6. Zzzzz – Good Night
  - a. Tell a funny story about sleep and dreams
  - b. Share your dreams
- 7. Say no
  - a. Act a skit where people suggest you do something you know is wrong or don't want to do

#### Interest Badges

##### Swim! Skate!

- Plan a skating or swimming party
- Learn a new swimming or skating skill

##### Smile Girl

- Learn about good dental health and habits
- Make a collage of smiles
- Keep a daily chart for brushing and flossing

##### Go For It!

- Take your pulse before and after physical activity. How is it different? How does staying active keep you healthy and strong?
- Play an active team game
- Name 3 pieces of playground equipment that keep you moving

#### Food Power

- What is junk food? Eliminate it from your diet for 1 week.
- Visit a local supermarket. How do they keep food safe and clean?
- Name 3 fruits/vegetables you've never eaten. Try one.
- Donate healthy food to a food bank.

#### Wheels

- Why do you wear a helmet?
- Show the proper way to wear a helmet
- Make sure your wheels and brakes work on your bike/rollerblades/scooter
- Explain how to maintain and store your equipment
- Learn road signs and play a game with them
- Show how you can start, stop, and move smoothly. Show hand signals and shoulder checking.

#### Winter is Great!

- Build a snow figure or fort
- Go skiing, sledding, skating, or snowshoeing
- Know how to use, maintain, store, wear, and carry equipment safely

#### Special Interest Badge

- Create your own badge about an active lifestyle

#### Key to STEM

##### 1. Keeping in Touch

- a. Use 3 methods of communication

b. Learn how to protect your privacy on the internet

2. People in Science

a. Invite someone interested in science to a meeting. Ask questions.

b. Listen to a story about a famous scientist. Perform a skit.

3. CABOOSH!

a. Create 2 chemical reactions

b. Discuss the results

c. Repeat the experiments. Did you get the same results? What would happen if you changed one ingredient? Two?

4. The Power of Power

a. Clean a tile/linoleum floor with a broom and then a vacuum. Which is better?

b. Clean a rug by beating outside or shaking and then vacuuming. Which is better?

c. Clean a carpeted area with a vacuum. Is there any other effective way to clean it?

5. Building Up

a. Build a building. How high can you go? How long will it last?

6. Reach for the Stars

a. What is a constellation? Identify 4 and know how they got their names.

b. Find the North Star

c. Make up a story about the stars and share it

d. Play a game about space

e. Listen to a legend about the stars. Draw a picture about it.

Interest Badges

Communication Is Where It's @

- Think about how you communicate

- Learn ASL for “Make New Friends”
- Create a secret language and use it
- Have someone draw a picture while you describe an animal. Don’t tell them what it is!
- Write a message backwards using a mirror
- Write a message on someone’s back. Can they tell what you wrote?

#### Information Technology is “IT”

- Talk about how information technology improves your life and helps you have fun
- What is the internet? Name 4 ways to use it.
- Share 3 websites you like
- Learn and use the internet safety rules

#### SSSS Stands for Sound, Surround, Soothe, and Stimulate

- How do we use sound at work or play?
- Identify 6 sounds at home
- Build a phone from cans or foam cups
- Make a musical instrument from everyday items
- Learn a campfire song and play it with your instrument

#### Number Magic

- Why is math important? Name 5 ways we use math every day.
- Discuss how people did math before calculators and computers.
- Play a math game
- Use math to figure out how to make something
- Count the girls in your Unit. How many have black/brown/red/blonde hair? How many have blue/green/grey/brown eyes?

#### Exploring Space

- Read a story about a female astronaut
- What are the International Space Station and the Canadarm?
- Where in space would you go, and why?
- Act out a space story
- Discuss the difference between a planetarium and an observatory
- Play a game about space

#### Making Things Go

- What are batteries? How do cars run? What makes a plane fly? How do we light our homes?
- Research light, heat, and transportation before electricity. Draw a house before electricity.
- Build something that needs a battery to make it light up.

#### Special Interest Badge

- Create your own badge on a STEM topic

#### Key to the Living World

##### 1. Wondrous Walks

- a. Take a walk. Plan your route. Describe the sensations.
- b. Look for animal homes. Are they easier to spot in the summer or winter?
- c. Play a game about an animal or insect
- d. Find 5 natural objects of different colours

##### 2. Plant Life

- a. Plant 6 kinds of seeds. Which grow more quickly?
- b. Grow a plant from a root cutting. Transplant it when big enough.
- c. Draw a picture of how a seed sprouts into a plant

##### 3. Water All Around

- a. Conserve water by using it only when needed

- b. Explore how people live in the desert
  - c. Make a picture about water
  - d. Learn or make up a song about water
  - e. Find out how a wetland, conservation area, or body of water helps provide water for your community
  - f. Describe a body of water near where you live. Include plants and animals. Make a mural of it.
4. Celebrate Earth Day on April 22<sup>nd</sup>
- a. Find causes of air pollution. How can you improve the environment?
  - b. Take part of an environmental game
  - c. Help clean a park/schoolyard/neighbourhood
5. Reduce! Recycle! Reuse!
- a. Sort garbage for recycling
  - b. Learn how to compost
  - c. Do your household recycling
  - d. Reuse old material in a new way
6. Weather Watch
- a. How are different types of weather shown in a weather report?
  - b. Act out a weather report
  - c. Locate your community on a weather map
7. Seasons Come and Go
- a. Find 2 plants that grow in each season
  - b. Find pictures of plants that are always green. What are they called? How do they stay green?
  - c. Play a game relating to a season
  - d. Take a walk in 2 different seasons and compare

Interest Badges

### Terrific Trash

- Decorate and use something made from recycled materials
- Find 2 things to recycle and reuse at home

### Weather Tracker