

Brownie



Badge: Snacks® Badge

Duration: 60–75 minutes

Objective: Learn about food history in Elk Grove, compare past vs. present snacks, and make homemade butter in a jar.



Materials:

- Mason jars & cream
- Crackers or bread
- Historical photos/props
- Printed snack/history visuals
- Napkins/wipes
- Scout worksheets or handouts

1. Welcome & Introduction (10 min)

- Introduce the Elk Grove Historical Society and its role in preserving the town's history.
- Brief overview of the Brownie Snacks Badge.

2. History of Snacks in Elk Grove (15 min)

Objective: Learn what children and families snacked on in the 1800s–1900s.

Instructor Tips:

- Share visuals or props: old-fashioned lunch boxes, food containers, farming tools.
- Show real examples or replicas of snacks like:
 - Dried fruit (apples, raisins)
 - Homemade bread
 - Jerky
 - Root vegetables or nuts
- Compare with today's snacks — use a chart or timeline.

Scout Engagement:

- Ask scouts: “What’s your favorite snack today?”
- Match-That-Snack game (printable cards — can be created if needed)

3. Make Butter in a Jar (20–25 min)

Objective: Make a snack using historical methods.

Materials Needed (per group or scout):

- Mason jars (small, clean)
- Heavy whipping cream
- Salt (optional)
- Crackers or bread for sampling
- Towels, wipes for cleanup

Instructions:

1. Pour cream into jars, filling halfway.
2. Seal tightly.
3. Shake for 5–10 minutes (play music or sing to keep it fun!).
4. Observe separation into butter and buttermilk.
5. Drain buttermilk, add a pinch of salt, and taste!

Instructor Talking Points:

- Butter was made weekly in many homes.
- Discuss how families preserved food without refrigeration.

4. Snack Time & Reflection (10 min)

- Eat butter with crackers or bread.
- Discuss:
 - “What was fun about making your own snack?”
 - “How do you think your great-great-grandparents ate snacks?”
- Wrap up and confirm badge requirements completed.


✅ Badge Check (Brownie Snacks® Badge)

This program covers:

- ✅ Learn about different types of snacks
- ✅ Make a savory snack (butter & crackers)
- ✅ Learn about snack traditions from the past

Badge: My Family Story

Duration: 60–75 minutes

 **Objective:** Connect scouts' personal family stories to Elk Grove's history and help them start a simple family tree.

Materials:

- Historical photos/props
- Family tree worksheets
- Markers/crayons
- Printed snack/history visuals
- Historical photos/props
- Family tree worksheets

Program Outline

1. Welcome & Family Introduction (10 min)

- Welcome scouts back to the Historical Society.
- Ask: “What do you know about your family’s story?”
- Explain: Every family has a story, and stories help shape communities like Elk Grove.

2. Elk Grove Founding Families (15 min)

Instructor Content:

- Share short stories or visuals of Elk Grove’s early families.
 - Include diverse families if possible: farming, railroad, schoolteachers, local merchants.
- Show historic photos, a local family’s letter, or map from early Elk Grove.
- Ask: “Why do you think these families moved to Elk Grove?”

3. Scout Family Story Time (20 min)

Scout Participation:

- Each scout brings:
 - A photo of their family or an important family member
 - A story or memory to share (prompted by a worksheet or parent prep)

Optional Worksheet Prompts:

- Where is your family from?
- Who do you live with?
- What's a favorite family tradition?
What makes your family special?

Instructor Tips:

- Encourage kindness and interest in each other's stories.
- Share your own family connection to Elk Grove if applicable!

4. Create a Simple Family Tree (20 min)

Objective: Help scouts visualize their family structure.

Materials:

- Printed family tree templates (3-generation style)
- Markers, crayons
- Stickers or star icons for family origins or traits

Instructions:

- Assist scouts in filling out their tree (they may need to finish at home).
- Optional: Map activity – place stickers where family members originated.

5. Closing Reflection (10 min)

Discussion Questions:

- "What did you learn about Elk Grove families?"
- "What's something special about your family?"
- "How do our stories help shape a community?"

Send-Home Option:

- Encourage scouts to interview a grandparent or family elder.
- Offer a keepsake folder or envelope to hold their family tree.

✅ Badge Connection (My Family Story® Badge - Intro)

This session introduces:

- ✅ Discovering family history
- ✅ Learning about community roots
- ✅ Telling your family story
- ✅ Creating a family tree

GENERAL TIPS FOR WORKING WITH BROWNIE GIRLS (AGES 7–9)

1. Keep Activities Hands-On & Active

- Brownies learn best by **doing**.
- Use crafts, experiments, scavenger hunts, role play, cooking, or building.
- Include movement — games, skits, or songs can break up more structured time.

2. Set Clear, Simple Instructions

- Give **one step at a time** and repeat if needed.
- Use age-appropriate language — short sentences, simple words.
- Ask them to repeat back instructions (“Who can remind us what step 1 is?”).

3. Break It into Short Segments

- Aim for 10–15 minute chunks of activity before switching things up.
- Alternate between sitting and active tasks.

4. Be Positive and Encouraging

- Celebrate effort and creativity, not just the end result.
- Use encouraging phrases like “I love how you tried that!” or “Great teamwork!”

5. Encourage Teamwork & Turn-Taking

- Pair or group them for many activities.
- Teach fair sharing, listening to each other, and resolving little disagreements kindly.
- Rotate leadership roles so everyone gets a turn to lead or be the “helper.”

6. Allow Choices Where Possible

- Let girls vote on which craft to do or which role to play in a skit. Badge steps often allow flexibility — give them some ownership!

7. Expect (and Embrace) Creativity

- There’s often no one “right” way to complete a badge step.

- Give room for imagination — if a girl wants to twist an activity slightly but meets the goal, let her!

8. Be Flexible With Time

- Some groups work faster or slower — read the room.
- If they're deeply into something, don't rush them just to "check the badge box."

9. Use Routines

- Brownies do better when there's a familiar start and end to meetings.
 - Example: Start with a circle, say the Promise, end with a song or reflection.
- Predictable routines make them feel safe and focused.

10. Connect Badge Activities to Real Life

- Relate badge steps to what they already know or see in the world:
 - "Have you ever helped cook dinner at home?"
 - "Have you ever seen a bee? What do they do?"

BONUS: Tips for Specific Scenarios

If they get distracted:

- Use a "quiet signal" (like raising your hand or a Girl Scout sign).
- Change the activity type — move from talking to doing.

If they argue:

- Guide them through problem-solving with calm voices.
- Use it as a teaching moment for respect and kindness.

If they finish early:

- Have "quiet time" options ready: coloring sheets, puzzles, badge journal pages, etc.

SUPPORTING THE GIRL SCOUT MISSION

Each activity supports one of the petals from the **Girl Scout Law**, reinforcing values like responsibility, respect, environmental care, and historical understanding. Your role as an Elk Grove Historical Society instructor is to:

- Make the history of Elk Grove fun and meaningful.

- Help connect the past to what girls are learning today.
- Encourage questions and creativity.



Instructor Tips for All Activities

✓ Group Management:

- Divide into small teams for rotations if group is large.
- Assign simple roles (e.g., Timekeeper, Materials Helper) to girls.

✓ Inclusion & Engagement:

- Ask open-ended questions: “What does this remind you of?”
- Offer multiple ways to engage (drawing, talking, moving).

✓ Safety First:

- Check for allergies before nature-based or planting activities.
- Review boundaries and rules before nature walks.

✓ Supplies:

- Always bring extras (pencils, water, paper towels).
- Encourage girls to reuse and recycle where possible.

