

## Cadette

### **Badge: Natural Landscape (Trees® Badge)**

**Duration:** 90 minutes

#### **Objective:**

Help girls identify local tree species, understand pioneer-era land use, and think critically about how trees were used in early settlements.

#### **Materials:**

- Tree ID cards or field guides
- Measuring tape (for tree diameter)
- Clipboards and pencils
- Worksheets for tree data
- Sketch paper for farmhouse plans

#### **Activities:**

##### 1. **Tree Walk & ID (30 min)**

- Lead a walk to observe and identify at least 3–5 types of native trees.
- Discuss tree characteristics: bark, leaves, shape.

##### 2. **Measure & Date Trees (20 min)**

- Teach how to measure the diameter of a tree trunk.
- Estimate the tree's age using a tree age estimation chart.

##### 3. **Pioneer Tree Use Talk (10 min)**

- How did settlers use trees for shelter, tools, firewood?

##### 4. **Design a Farmhouse Landscape (30 min)**

- Girls sketch a plan for a homestead surrounded by beneficial trees.
- Encourage inclusion of shade trees, windbreaks, fruit trees, etc.

#### **Badge Steps Met:**

- Identify trees
- Learn tree benefits
- Create a tree-based design

## **Badge: Outdoor Art Apprentice**

**Duration:** 70-80 minutes

### **Objective:**

Connect nature with creativity by collecting natural materials and using them to create meaningful art.

### **Materials:**

- Collection baskets or bags
- Sketchbooks or blank paper
- Watercolors, charcoal, or natural pigment alternatives
- Natural items: leaves, sticks, flowers
- String, glue, or eco-friendly adhesive

### **Activities:**

1. **Nature Collection Walk (20 min)**
  - Instruct girls to collect small, interesting natural items respectfully.
  - Remind: No live picking—only fallen items!
2. **Sensory Observation (10 min)**
  - Sit quietly and sketch or write about what they hear, see, feel.
3. **Create Nature Art (30–40 min)**
  - Make collages or textured art using the collected items.
  - Optional: Use charcoal or coffee grounds as natural pigment.
4. **Share & Reflect (10 min)**
  - Girls describe how nature inspired their art.

### **Badge Steps Met:**

- Explore art in nature
- Create outdoor-inspired art
- Find art in everyday surroundings



## GENERAL TIPS FOR WORKING WITH CADETTE GIRLS (AGES 11–14)

Cadettes are developing independence, leadership skills, and a strong sense of identity. They want to be **respected, challenged, and heard**. Here's how to engage and empower them:



### 1. Let Girls Lead

Cadettes are ready to take ownership.

- Involve them in planning meetings, trips, and badge work.
- Assign leadership roles (facilitator, timekeeper, note-taker, etc.).
- Ask, *"How do you want to do this?"* instead of giving directions.



### 2. Set Expectations Together

Give them a voice in shaping the group's rules and goals.

- Collaborate on a group agreement or code of conduct.
- Revisit goals regularly — "Are we staying on track?"
- This builds buy-in and accountability.



### 3. Provide Meaningful Choices

Allow Cadettes to make decisions within structure.

- Let them vote on which badge to earn or how to approach steps.
- Offer options like "Choose one of these 3 ways to explore this skill."  
Respect their interests and individuality.



### 4. Make It Relevant

Tie badge work and activities to real life.

- Use examples from school, media, or their own lives.
- Connect skills to future careers or leadership opportunities.
- Ask: *"Why do you think this matters?"*



### 5. Encourage Independent Thinking

Let them problem-solve and explore without always stepping in.

- Don't rush to "fix" things — guide them through challenges.
- Celebrate effort, persistence, and growth.
- Mistakes = learning opportunities.

## 6. Foster Peer Collaboration

Relationships are key at this age.

- Use small groups and partner work often.
- Create roles that require communication and teamwork.
- Support healthy group dynamics and respectful feedback.

## 7. Encourage Creativity and Flexibility

Cadettes thrive when they can personalize their experience.

- Be open to alternate ways of completing badge steps.
- Let them adapt activities to reflect their passions.
- Celebrate out-of-the-box thinking.

## 8. Balance Structure with Flexibility

They still benefit from some routine, but allow room for spontaneity.

- Use agendas or a whiteboard to show the plan.
- Be ready to pivot if energy is low or ideas shift.
- Let them co-create timelines or assign deadlines.

## 9. Reflect Often

Cadettes are starting to think deeply—make time to process.

- Ask: *"What worked well today?" "What would you change?"*
- Use journaling, discussions, or creative reflection.
- Reflection helps them connect experience to growth.

## 10. Connect to the Bigger Picture

Help girls see how their actions make an impact.

- Link badge work to community service, advocacy, or mentorship.
- Talk about the *"why"* behind what they're doing.
- Encourage them to dream big and take initiative.



## 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.

