

Juniors

Badge: Playing the Past

Duration: 70 Minutes

Objective:

Transport girls back to the late 1800s–early 1900s with hands-on activities that mimic daily life from that era.

Materials:

- Feather pens and ink
- Wash basins, soap, and old cloths for chores
- Song lyrics from the time period
- Old-time dress-up accessories (bonnets, aprons) – optional

Activities:

1. **Intro to the Era (10 min)**
 - Short talk about girls' lives in the past—school, home, fun.
2. **Ink & Feather Writing (20 min)**
 - Girls write a letter as if they lived in 1890.
3. **Historical Chores (20 min)**
 - Laundry with a washboard, sweeping, carrying water, etc.
4. **Sing & Act (20 min)**
 - Learn a traditional folk song.
 - Act out a scene—e.g., preparing for a family meal or a town social.

Badge Steps Met:

- Experience the past
- Try period activities
- Create and play a historical role

Badge: Gardening

Duration: 60 Minutes

Objective:

Teach girls sustainable gardening skills and introduce them to native plants and local agriculture practices.

Materials:

- Seed trays or small pots
- Native seeds (e.g., yarrow, milkweed, clarkia)
- Soil, gloves, watering cans
- Garden markers
- Info sheets on local farming history

Activities:

1. **Intro to Native Gardening (10 min)**
 - Talk about Elk Grove's agricultural past and native species.
2. **Plant a Native Seed (20 min)**
 - Girls fill pots, plant seeds, label them, and take them home.
3. **Garden Planning (15 min)**
 - Design a mini home garden using native plants.
4. **Care & Harvest Talk (15 min)**
 - How to care for their seedling at home and what to expect.

Badge Steps Met:

- Learn about plants
- Plant and plan a garden
- Practice sustainability



General Tips for Working with Junior Girl Scouts (Ages 9–11)



1. Understand Their Developmental Stage

- Growing **independence** and identity
- Enjoy **problem-solving** and real-life applications
- Developing **stronger friendships** and social dynamics
- Still benefit from structure, but want a **voice and choice**



2. Give Them Ownership

- Let them **help plan** activities when possible.
- Offer choices:
 - “Would you rather make a poster or act out a skit?”
 - “Which badge should we earn next?”
- Assign small leadership roles: timekeeper, materials helper, discussion leader



3. Emphasize Real-World Connections

- Link badge work to real-life issues or careers:
 - Environmental badge → talk with a park ranger
 - STEM badge → visit a science center or host a woman in tech
- Use current events or community needs to inspire action projects



4. Encourage Critical Thinking & Reflection

- Ask open-ended questions like:
 - “Why do you think this matters?”
 - “How could we make this better?”
- Let them evaluate their own and each other’s work constructively



5. Foster Collaboration & Leadership

- Group projects > individual tasks

- Rotate leadership roles
- Encourage peer feedback and support (e.g., team challenges)

6. Mix Structure with Creativity

- Use frameworks but allow room for imagination
Example: For the Product Designer badge, give materials and a goal—let them design their own solution
Encourage journaling, art, music, and storytelling when applicable

7. Keep Sessions Engaging & Purposeful

- Ideal meeting: **60–90 minutes**
- Break up time:
 1. Welcome/check-in
 2. Skill-building or learning activity
 3. Creative application or challenge
 4. Reflection or planning next steps

8. Use Clear Expectations & Consistent Routines

- Junior girls like knowing what to expect and where they have freedom
- Post an agenda or use a whiteboard
- Use respectful reminders instead of discipline:
“Let’s all listen so we can hear everyone’s ideas.”

9. Teach Skills, Not Just Crafts

- Shift from craft-based to **skill-based learning**
 - Camping → knot-tying, fire safety, compass reading
 - Business → budgeting, marketing, teamwork
- Let them practice and apply in mini real-world scenarios

10. Inspire Service & Action

- Junior girls want to **make a difference**
- Involve them in service projects they help design

- Connect badge work to community impact:
“Who would benefit from this project?”



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.

