BROWNIE FAIR PLAY BADGE – MEETING 1

Purpose: When girls have earned this badge, they’ll know how to play fair in sports and games.

Activity Plan Length: 1.5 hours

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Materials Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 minutes</td>
<td>Getting Started</td>
<td>□ (Optional) Girl Scout Promise and Law poster</td>
</tr>
<tr>
<td></td>
<td>• Girls recite the Girl Scout Promise + Law and sing the Brownie Smile song.</td>
<td>□ (Optional) Brownie Smile song lyrics poster</td>
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<tr>
<td>20 minutes</td>
<td>Rules of the Game</td>
<td>□ Poster board</td>
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<tr>
<td></td>
<td>• Girls will do an activity based on rules in games.</td>
<td>□ Markers</td>
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<tr>
<td>15 minutes</td>
<td>Girl Sports!</td>
<td>□ Books about women’s sports</td>
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<td></td>
<td>• Girls will learn about professional women’s sports.</td>
<td>□ Computer with internet access</td>
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<tr>
<td>15 minutes</td>
<td>Pass the Orange</td>
<td>□ An orange (or ball of similar size)</td>
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<tr>
<td></td>
<td>• Girls will play a game together.</td>
<td>□ (Optional) Balloon</td>
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<td></td>
<td></td>
<td>□ (Optional) Balls of various sizes</td>
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<tr>
<td>10 minutes</td>
<td>Snack Chat</td>
<td>□ Healthy snack</td>
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<td></td>
<td>• Girls will eat snack and have a topic discussion.</td>
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<tr>
<td>15 minutes</td>
<td>Wrapping Up</td>
<td>□ (Optional) Make New Friends song lyrics poster</td>
</tr>
</tbody>
</table>

GETTING STARTED

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster and (optional) Brownie Smile song lyrics poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law, and sing the Brownie Smile song.
Activity #1: Rules of the Game  

Time: 20 minutes

Badge Connection: Step 1 — Follow the rules  
Materials Needed: Poster board (any size); markers

1. As a group, choose a simple game to play, such as Duck, Duck, Grey Duck or Tag.  
2. Think of the rules needed to play the game. Make a poster listing the rules.  
3. Play the game, following the rules on the poster.  
4. Now, come up with two new rules for the game. Play the game with your new rules.  
   • How does this change the game?  
   • Which rules do you like better?

Activity #2: Girl Sports!  

Time: 15 minutes

Badge Connection: Step 2 — Include Everyone  
Materials Needed: Book(s) and/or website(s) on women’s sports  
Prep Needed:  
• Find a book(s) or website(s) on women’s sports.

1. Learn about a sport that women play professionally. Find information from books or online.  
2. Have girls look for answers to the questions below:  
   • When did the sports group form?  
   • Where and when do they play?  
   • Are there any famous players in the sport?  
3. Discuss some of the favorite things you learned.  

RESOURCE SUGGESTIONS:  
• Women’s Sports Foundation: www.womenssportsfoundation.org  
• Women in Sports: 50 Fearless Athletes Who Played to Win by Rachel Ignotofsky  
• Game Face: What Does a Female Athlete Look Like? By Jane Gottesman  
• Superwomen: 100 Women. 100 Sports by Jodi Buren

Activity #3: Pass the Orange  

Time: 15 minutes

Badge Connection: Step 3 — Be part of a team  
Materials Needed: An orange or ball of similar size; (optional) balloons; (optional) balls of various size

1. Form two teams. Have each team stand in a single file line.  
2. Pass an orange or ball down the line from chin to chin. If it is dropped, the team needs to start back at the beginning. The first team to get to the end wins!  
3. Try the same game but with different objects, such as a balloon or different types of balls. Try changing the rules. For example, instead of using your chin, use your elbows, knees, etc.  
4. Ask the girls how they used teamwork in this activity.

Activity #4: Snack Chat  

Time: 10 minutes

Badge Connection: Questions link to multiple badge steps
1. While enjoying a healthy snack, here are some things for girls to talk about:
   - What is your favorite sport to play?
   - What would games be like if people didn’t play by the rules?
   - Why are rules important?
   - Has anyone ever been on a team? (Girl Scouts is like a team too!)
   - What did you enjoy about being on a team?

Wrapping Up

Time: 15 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

- Field Trip Ideas
  - Attend a girls’ or women’s sporting event.
  - Participate in a sports class or event at your local community or recreation center.

- Speaker Ideas
  - Invite a female athlete or coach to your meeting.
  - Invite a physical education teacher to teach the rules of a new game or sport.