Brownie Fair Play Badge
Activity Plan 1

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

Planning Guides Link: Healthy Living and Creativity

Fun Patch Link: Good Sport

Activity Plan Length: 1.5 hours

Involve Family and Friends: Participation from family and friends can enrich your troop’s Girl Scout experience, both for the girls and for you. Use the suggestions below to make it easier for you to connect with additional support.

• Before the meeting:
  • Send a note to families to find those with interest in or expertise with the topic. Ask them to lead or support an activity or two, or even lead the whole meeting.
    o Offer this activity plan as a starting place and point out that they may choose alternative activities using the Customize It! section as a guide. For example: If an activity plan directs girls to sit outside and observe animal habitats, you may choose to go to the zoo and learn about animal habitats there instead.

• At home:
  • Encourage families to ask questions about their girls’ badge activities. Some examples that work for any badge include: What did you learn? What surprised you? What does it make you think of trying next?

• Throughout the year:
  • Suggest to families ways that girls can share or display their Girl Scout accomplishments. Possibilities include a bulletin board, a scrapbook, a special memories box or family sharing time.

Girls Take the Lead: Include girl leadership through long-term planning, short-term meeting prep and specific activities at meetings.

• Long Term Planning
  • If you use “Plan Your Brownie Year”, share this with the girls at the start of the year. Have them ask friends and family to help out with specific meetings or activities. Let the girls brainstorm ways to make the plans their own, such as thinking of related field trip activities. If a girl has experience with a field trip, ask her to be assistant tour guide.
  • If you are adapting the “Plan Your Brownie Year”, get the girls’ input on which badges to choose. Offer just a few choices in each category or timeframe to make decisions easier. Every girl should have at least one badge or journey she’s excited about.

• Short Term Planning
  • Ask a family to help lead a badge. Make sure they have access to activity plans and any resources you might have. Keep additional requested materials to a minimum.
  • Choose two helpers to stay after a meeting for 15 minutes. Give them each an activity to introduce and either instruct or help guide at the next meeting.
  • Before a meeting, ask everyone to vote on some aspect of the activity: draw posters or perform skits, open with a song or game, etc.
  • Use a rotating list of helper tasks, called a ‘kaper chart’, to share responsibilities. Examples include acting as emcee of the meeting, leading an opening game, bringing a snack next meeting or taking attendance.
• At the Meeting
  • During the opening, have 1-2 girls share their answers to a get-to-know-you question.
  • Have girls fulfill their kaper chart responsibilities.
  • Try to find something in each activity that you can let girls decide or manage.

Customize It: If your group wants to expand work on this badge or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the Brownie Girls Guide to Girl Scouting, completing two of these activity plans, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:
  • They can follow the rules
  • They can include everyone and be part of a team
  • They know how to keep score of a simple game or sport
  • They have a field day

Tips and Tools
• Call River Valleys at 800-845-0787 to ask about various sports equipment that is available for checkout by troops.
• Check out ways to stay safe using Safety-Wise at http://gsrv.gs/safetywise.
• Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made. If you have questions regarding specific adaptations, please contact River Valleys at 800-845-0787.

Resources
• Allina Health’s Health Powered Kids program provides additional lesson plans that go along well with this badge, including “Staying Safe During Physical Activity”.
  
  To use these plans:
  o Visit healthpoweredkids.org
  o Log in using:
    ▪ Username: gsrv
    ▪ Password: allinahealth
  o Find lessons for this badge on the Girl Scouts page.
• This activity plan has been adapted from the Brownie Girl’s Guide to Girl Scouting Fair Play Badge, which can be used for additional information and activities.
• For more information about women’s sports, check out the resources below.
  o http://www.womenssportsfoundation.org
  o Great Moments in Women’s Sports by Michael Teitelbaum
  o Superstars of Women’s Tennis by Ellen Miles
Getting Started
Time Allotment: 15 minutes
Materials Needed:
- Optional: Girl Scout Promise and Law printed out on poster board

Steps:
1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.

<table>
<thead>
<tr>
<th>Girl Scout Promise</th>
<th>Girl Scout Law</th>
</tr>
</thead>
<tbody>
<tr>
<td>On my honor, I will try: To serve God and my country, To help people at all times, And to live by the Girl Scout Law.</td>
<td>I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, and to respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.</td>
</tr>
</tbody>
</table>

3. Sing the Brownie Smile Song. Use repeat-after-me or sing as a group if girls know it by heart.

The Brownie Smile Song
I've got something in my pocket
It belongs across my face
I keep it very close at hand
In a most convenient place
I'm sure you wouldn't guess it
If you guessed a long, long while
So I'll take it out and put it on
It's a great big Brownie Smile!

Activity #1: Rules of the Game
Badge Connection: Step 1—Follow the rules
Time Allotment: 20 minutes
Prep Needed:
- Gather materials and supplies.

Materials Needed:
- Poster board (any size)
- Markers

Steps:
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!
Badge Connection: Step 2—Include Everyone
Time Allotment: 15 minutes
Prep Needed:
- Find a book(s) or website(s) on women’s sports (see Resources section on page 1 for ideas)
Materials Needed:
• Book(s) or website(s) on women’s sports

Steps:
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.

**Activity #3: Pass the Orange**
Badge Connection: Step 3—Be part of a team
Time Allotment: 15 minutes
Prep Needed:
• Gather materials and supplies.

Materials Needed:
• An orange or ball of similar size
• Optional: Balloon
• Optional: Balls of various size

Steps:
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**
Badge Connection: Questions link to multiple badge steps
Time Allotment: 10 minutes

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 Allotment: 15 minutes

Materials Needed:
• Optional: Make New Friends printed on poster board

Steps:
1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Sing “Make New Friends.”
Make New Friends

<table>
<thead>
<tr>
<th>Verse One</th>
<th>Verse Two</th>
<th>Verse Three</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make new friends,</td>
<td>A circle is round,</td>
<td>You have one hand,</td>
</tr>
<tr>
<td>but keep the old.</td>
<td>it has no end.</td>
<td>I have the other.</td>
</tr>
<tr>
<td>One is silver,</td>
<td>That's how long,</td>
<td>Put them together,</td>
</tr>
<tr>
<td>the other is gold.</td>
<td>I will be your friend.</td>
<td>We have each other.</td>
</tr>
</tbody>
</table>

3. After the song, ask everyone to be quiet.
4. Assign one girl to start the friendship squeeze by gently squeezing her neighbor’s hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the girl who started, she says “Goodbye Sister Girl Scouts” and the girls unwrap and face outward instead of inward.
5. Optional: Have girls make a wish after their hand has been squeezed and before they pass the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the 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.

Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email troopsupport@girlscoutsrv.org.

Family Follow-Up Email

Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning about rules, teamwork, and women’s sports and are on our way to earning the Fair Play Badge.

We had fun:

- Making up our own rules to a game
- Learning about professional women’s sports
- Using teamwork to complete a challenge

Continue the fun at home:

- Try a new sport at the park or in your own backyard.
- Share with your Girl Scout the sports you played growing up.
- Look through the *Girl’s Guide to Girl Scouting* with your Brownie to find other activities you can try at home.

Thank you for bringing your Brownie to Girl Scouts!