

Earn badges at home!

As we find ourselves navigating challenging times related to the COVID-19 pandemic, we've compiled some easy-to-complete badge options that are perfect for you and your Girl Scout to do at home.

Some things to note:

- a. We did our best to select badge work that doesn't require special skills or equipment. You may need basic art, kitchen, and everyday objects, and/or some research capability. If you don't have supplies on hand, stick to the spirit of the badge requirement and feel free to "make do" with what you have.
- b. Badge requirements are true to the objectives of the activities included in our badge books and distilled for ease. This means that the badge steps may have fewer choices than traditionally offered, but the activities are still valid. If your daughter wants additional choices in the badge steps, the full badge booklets and/or requirements may be purchased for digital download from our online shop at girlscoutshop.com/badges-program
- c. If your daughter wants to earn other badges, visit the Badge Explorer girlscouts.org/badges to find all of the options available for her Girl Scout level.

Tip for success

- Let your daughter choose the badge(s) she wants to earn.
- Read through the instructions and list of supplies ahead of time.
- Gather materials before starting.
- Let her do as much of the work on her own, guiding her when needed.
- Remember to order the badges she's earned and let her troop leader know what badges she has completed. She may be able to lead other girls in her troop in earning badges when they start meeting again. Or, she may even want to meet with them virtually/online using tools like [Zoom](#) or [Skype](#)!
- Take photos of your daughter doing badge work at home to share on social media. Tag us @GirlScoutsOC #girlscoutsathome.
- Have fun!

Easy-to-complete Badges by level

Daisy: Making Choices, Outdoor Art Maker, Space Science Explorer

Brownie: Dancer, Senses, Snacks

Junior: Drawing, Scribe, Simple Meals

Cadette: Eating for Beauty, Screenwriter, New Cuisine

Senior: Sky, Textile Artist Collage Artist

Ambassador: On My Own, R & D

DAISY – Making Choices



What's needed: paper, pen or pencil, community information

Steps:

1. Find the difference between needs and wants. Take a piece of paper and draw a line down the middle. On one side, write “WANT” and on the other side write “NEED.” With your parent or guardian, walk around the house and talk about the things you use and eat regularly. Put the name of these items in either the “WANT” list or the “NEED” list.
2. Decide on something you really want, like a new toy, piece of clothing or technology. Set a goal to save enough money for it. Have an adult help you find out how much the item costs. Work with your parents to determine a way for you to save money for the item. Options might include doing chores, saving gift money, or selling something you make (like homemade crafts).
3. Help others with what they need and want. Talk to your parents about the types of things people need and want. Discover together what a group or individual needs or wants (like a food pantry that needs food or an animal shelter that wants dog toys). Discuss ways for you and your family to help provide for one of the groups.

GET THIS BADGE

Daisy - Outdoor Art Maker



What's needed: art supplies, lemon juice, optional video of the outdoors

Steps:

1. See the Colors of Nature – Go or look outside (or find a photograph of the outdoors) and paint a picture of an outdoor scene. When your painting dries, add several drops of lemon juice. Notice how the look of your painting changes.
2. Hear the sounds of nature – Go outdoors and listen. Then, write down the types of sounds and what you think is making them. If you can't go outside, ask a parent to find a video you can watch and listen to complete this step. Then, make up a silly song or poem about one of the sounds you heard.
3. Share your outdoor art - Make a “Leave No Trace” picture. “Leave No Trace” means that you are helping to protect nature. Draw or paint a picture of yourself helping the environment in a way you choose. Share your picture with your family and tell them why you think it's important.

GET THIS BADGE

Daisy - Space Science Explorer



What's needed: art supplies

Steps:

1. Explore the Sun - Make a day sky book. Go outside and look at the sky three times during the same day. For example, you can do so after breakfast, after lunch, and near dinnertime. *Do not look directly at the sun!* Record or draw what you see. Talk about what you see with your family.
2. Observe the Moon. Make a moon sky book to record what you see. Go outside with an adult three times and look at the moon. You can do it three different times during one day or night, or three days or nights in a row at the same time. Before going outside, make a prediction (guess) for what you think the moon will look like. Then, go outside and draw what you see.
3. Meet the Stars - A telescope is a tool that scientists use to study the stars by making distant things seem brighter and bigger. Make a pretend telescope by decorating a toilet paper tube or rolled-up piece of construction paper. (You can even paint stars on it!) Then, take your "telescope" outside on a clear night, with an adult, and look through it at the stars as you use your creativity to pretend that you're a NASA scientist.

GET THIS BADGE

Brownie - Dancer



What's needed: music, computer, smart phone, or other source to listen to music and/or watch dance moves (or a family member who knows specific dance moves). Optional: smart phone or camera to video your dance.

Steps:

1. Warm up and get moving - Move like your favorite animal and add music. Try to get your whole body warmed up.
2. Try a new dance - Watch a movie, TV show, or have a family member teach you a new dance or exercise dance (like Jazzercise or Zumba).
3. Take to the floor like a dancer - Dancers often have to show emotion. Use your hands and face to show feelings like sadness, happiness, excitement. Add your hand and face motions to dance moves.
4. Using what you've learned, make up a dance to tell a story.
5. Show your moves - Perform your dance for your family, and if someone has the ability, video it so you can share it with your Girl Scout sisters.

GET THIS BADGE

Brownie - Senses



What's needed: 10 small items*, a tray, cloth, paper and pencils or crayons, three types of cheese, fruit or other food that is similar*, paper, glue, a few assorted small textured items (sandpaper, glitter, etc.), and several food items from the kitchen that your Girl Scout can taste (at least one each of salty, sweet, sour and bitter) **Items should be collected by an adult or older sibling so your Girl Scout doesn't see them. Read through the steps for more information.*

Steps:

1. Look around – Play “Kim’s game.” Have an adult or sibling put 10 items on a tray and cover them with a cloth. Take the cloth off the tray and look at the items for 10 seconds. List as many items as you can remember. Check yourself. This game has been popular with Girl Scouts for nearly 100 years!
2. Listen to the world – Listen for sounds outside (no peeking out a window). Draw pictures of what might be making the sounds. Look outside and see if you are right.
3. Put your nose to work - Put on a blindfold and smell the three foods your parent collected. Guess-- and if you want, taste the food two times – once regularly and once while holding your nose to see if the food tastes the same as when you could smell.
4. Take a taste test – Go in the kitchen with your parent or another adult and find one food that is salty, one that is sweet, one that is bitter, and one that is sour.
5. Touch and feel – Make a poster of textures using a variety of household items like sandpaper, fabric, yarn, etc. Try to get as many textures on your poster as possible (rough, smooth, soft, hard, squishy, hairy, bumpy, etc.) Blindfold your family members and ask them to identify the textures.

GET THIS BADGE

Brownie - Snacks



What's needed: assorted vegetables, cookie (or other sweet snack) recipe and ingredients, assorted “healthy” snack ingredients (nuts, fruit, etc.), string. Optional: blender or food processor, smart phone or camera.

Steps:

1. Jump into the world of snacks and discover what's in that snack – Go on a scavenger hunt in your kitchen and find three packaged snacks. Look at the list of ingredients on each. Find ingredients you don't recognize and team up with an adult to figure out what they are and if they are good for you.
2. Make a savory snack – Make veggies into art. Use veggies and savory (not sweet) snacks to make a face, animal, scene, or other “art” on a plate. Be sure to ask an adult to help with any cutting! Take a picture of your plate to share with your Girl Scout sisters the next time you meet.
3. Try a sweet snack – Make cookies or another sweet snack from a family or favorite recipe, but add your own twist! For example, swap out the chocolate chips for raisins in your chocolate chip cookie recipe.
4. Snacks for energy – Make an energy snack into jewelry. For example, string pretzels and licorice together to make a necklace, or put fruit on a stick to make a magic wand.
5. Slurp a snack – Create a drinkable snack (with an adult's help) using ingredients of your choice and a blender or food processor. If you don't have a blender or food processor, mix liquid ingredients together and find a blend that is both tasty and good for you. Keep a record of what ingredients tasted best and make it when your troop meets again.

GET THIS BADGE

Junior - Drawing



What's needed: assorted paper, assortment of black, grey, and colored pens, pencils, crayons, pastels, optional – a computer or art book to look up techniques.

Steps:

1. Experiment with different materials – Choose a still life (an object that doesn't move, like a bowl of fruit or a vase) and draw it three times using different materials – once in black and white, once in color, and once with another material like crayon in place of a pencil, or pencil in place of pen.
2. Learn how to add shading – Use hatching and crosshatching to shade a face drawing. Draw a face and then add hatching (drawing lines close together) and/or crosshatching (making a grid with lines) to show shadows.
3. Get some perspective – Take a bug's eye view. Draw an object as if you were a bug looking at it. Fill your paper, since a bug would see everything as super huge.
4. Use your imagination like a graphic artist – Make up a cartoon character and draw it. For more fun, draw a comic strip starring your character.

5. Make your masterpiece – and show it off! Host an art gallery party for your family. Hang your art up in a room and get your family to look at it. Make time to talk about your drawings and answer questions like a true artist.

GET THIS BADGE

Junior - Scribe



What's needed: paper, pencil or pen, and computer/smart phone/tablet.

Steps:

1. Start with a poem – Write a poem of your choice. If you are able, do a little research and decide what type of poem you want to write – haiku, limerick, sonnet, free-verse, etc.
2. Create a short story – Write a short story using these three questions as a starting point: Who are the characters? What's happening? Where are they?
3. Use words to share who you are – Chances are you're doing this because your school is closed or you are home sick. Write an autobiographical story about what's happening in your life right now.
4. Write an article – an interview article. Talk to a family member or friend about a specific event or themselves. Once you've completed your interview, write an article using their answers.
5. Tell the world what you think – animal, place or book. Write an essay (from your point of view) about your favorite animal, a place you've visited or want to visit, or your favorite book. Be sure to include five facts.

GET THIS BADGE

Junior - Simple Meals



What's needed: Smart phone/video/television, meal prep ingredients for breakfast, lunch or dinner, and dessert. *Be sure to have adult supervision when using knives and equipment!*

Steps:

1. Step up your skills with a pro – Watch a video or food show starring a real chef that includes techniques, information and/or demonstrations. For steps 2, 3, and 4, use recipes and ingredients you already have.
2. Whip up a great breakfast.
3. Fix a healthy lunch or dinner.

4. Create a delicious dessert.
5. Create a meal with three dishes – a protein, vegetable, and starch (and dessert if you want). Make sure everything is ready at the same time!

GET THIS BADGE

Cadette - Eating for You



What's needed: internet access and supervision for research, paper, and colored pens or pencils (or a drawing app)

Steps:

1. Know how good nutrition helps your body stay healthy – Make your own food pyramid. Draw a triangle and divide it according to various food categories (typically, healthier items are on the bottom and less healthy on the top). Go through your kitchen and write in the foods you have on hand in the different sections. Talk with your family about the types of food you have and the ones that might be missing.
2. Find out how and what you eat affects your skin – Make a Top 10 list of antioxidant-rich foods. See how many you have at home and decide if there are some you want to try.
3. Explore how your diet affects your stress level – be a chemical detective. Select items from your fridge or pantry and research the ingredients in them to see what types of chemicals are added. Research what the chemicals are used for, if they affect health, and if there is an alternative that is healthier.
4. Investigate how what you eat affects your sleep – Make an illustrated chart of snooze/lose foods. Research foods that help you sleep and those that keep you awake. Make a chart and post it near your bed. Keep a journal for a week and see if foods you eat work for or against you when it comes to getting a good night's sleep.
5. Look at how your diet affects your energy – Take a poll of friends and family. Ask them questions about when they feel most energetic and how it relates to what and when they've eaten. Ask yourself the same questions. Make conclusions based on what you find out and then do research to see if you're right.

GET THIS BADGE

Cadette - Screenwriter



What's needed: computer with internet access and supervision for research, pen and paper or word processing application.

Steps:

1. Decide what makes a good script good – Read two scripts. Look online for scripts of your favorite shows and read them. Or, find samples of scripts in books/articles about screenwriting.
2. Come up with an idea for a story – Play story maker. Divide at least 24 index cards or slips of paper into two piles, one for characters (coffee barista, storm chaser, parade pooper scooper, aspiring artist, etc.) and one for situations/settings (taking a driving test, meeting a stranger, escaping a burning building, etc.). Write one idea on each card, shuffle, and draw two cards from the character pile and one card from the situations/settings pile and write about that.
3. Get to know your characters – Using your deck from step 2, develop your character- name them, provide details of their life, decide what the character wants, etc.
4. Build the plot – Using your deck from step 2, build five plot parts: the background, kickoff incident, lead up, climax, and wrap up. Use a storyboard, grid, or paper to build the plot.
5. Write a 12-page script – and share it. Write your script and share it with your family, at your next troop meeting, or with friends.

GET THIS BADGE

Cadette - New Cuisines



What's needed: recipes and ingredients to make a variety of dishes. Internet or other research capability.

Steps:

1. Make a dish popular in another country – Let a particular ingredient be your tour guide. Look through your kitchen pantry and refrigerator and find an international ingredient. Make a dish using that ingredient.
2. Discover a dish from another region of the United States – Research and cook a regional specialty that has become a cultural phenomenon. If you don't have the ingredients and can't get to the store, create a wish list of regional foods to try. When you're able to shop and travel, try making your selected dish or try it in its "home."

3. Whip up a dish from another time period – Pick a piece of the past that excites you. Research a time period that you’re interested in and find a food you’d like to try. If possible, find a recipe for it and make it. If that is not possible, research descriptions of the type of food you’re interested in trying, and when you’re able, find ingredients to make and taste it.
4. Cook a dish that makes a statement – veggie protein. Discover all the ways veggie protein can be used in place of meat or other protein, including eggs, milk, and even honey. If you’re able, try out a recipe, substituting veggie protein for another protein, and see how the swap changes the flavor (or not).
5. Share your dishes on a culinary “tour!” - if you’re able to do this with food you have at home, create a “new cuisine” party for your family from the recipes you’ve discovered in this badge work. If you’re not able to prepare the recipes, create a menu to prepare at a later time.

GET THIS BADGE

Senior - Sky



What’s needed: camera (can be a smart phone), internet or other research capability, and art supplies or an art application on a phone or computer

Steps:

1. Watch the skies – Investigate the colors of the sky – take five photos of the sky in different colors (daytime blue, sunset orange, etc.) Research the science behind the colors.
2. Investigate the science of the skies – Make a map of the sky. Using art supplies or an app, create a map of the skies. You can map the layers starting from the Earth’s lowest layer or a constellation map.
3. Explore the connection between people and flight – Build a model plane, rocket, or space exploration vehicle. Be able to explain the scientific principles that governed your design.
4. Help clear sky pollution – Explore air or light pollution. Do some research on pollution that is specific to Orange County and list five ways to help reduce air or light pollution that you, as a high school student, can implement or lead.
5. Create sky art – Make sky art and/or write a story about the northern or southern lights. Research an aspect of the sky that interests you and write and/or illustrate a story about it--or take a myth that is based on the sky and write/illustrate it in your own style. When you’re able, share the story with your troop or younger Girl Scouts.

GET THIS BADGE

Senior - Textile Artist



What's needed: Internet or other research capability, fiber, or fabric materials.

Steps:

1. Choose your textile art – Look into two different textile arts from other cultures. Research the types of textile arts and compare how they're similar and different, or how they've changed through the years.
2. Find your tools and materials – Visit online stores that sell thread, yarn and fabric. If you have these items at home, get inspired by them and make a list of what you have on hand. Consider “upcycling” materials if you don't have fabric on hand.
3. Learn the basics – Research online and decide on a technique you'd like to try. Find a tutorial video or other way to learn a new way to stitch, knit, crochet or sew.
4. Make something for everyday use – Make something to wear, for your bedroom, or house. Or, make an accessory using techniques you've researched and tools and materials you have on hand.
5. Create a gift or item for a special occasion – Make a gift or item for a special person, special occasion, or a charity using tools and materials you have and techniques you've learned.

GET THIS BADGE

Senior - Collage Artist



What's needed: a variety of paper and other items for collage (newspapers, ribbons, photos, wrapping paper, foil, wire, small items), glue, stiff pieces of cardboard, canvas or wood, and items that can be repurposed (see step 4). A digital art program is optional.

Steps:

1. Explore collage – Research collages. Search for collage examples and history. Discover which techniques are used and which you are attracted to.
2. Focus on composition – Compose a collage using “cubomania” – cut one image into squares and then rearrange the squares in any way you desire.
3. Create with color – Create a collage using one color. Using just one color, put together a collage of varying items-- all in that color.

4. Use found objects – Cover an item (an old shoe, lampshade, piece of wood, or anything in the house or garage that your parents give you permission to “upcycle”) with a collage.
5. Share a message – Create a collage with an advocacy message. Pick something you’re passionate about and create a collage to express your opinion. Share your collage with your friends or on social media (if approved by your parents).

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Ambassador - On My Own



What's needed: internet or other research capability, calculator.

Steps:

1. Plan for where you'll live – Be chart smart. Create a map of the area you'd like to live – perhaps your future college dorm room or a neighborhood where you one day want to live. Do research on at least six available rooms or homes and find out the living expenses for each. Create a chart comparing the six rooms or homes you selected. Determine a monthly amount of money you would need to live there.
2. Plan for your daily needs – Focus on your finances. Keep track of every personal item you use in a month. Include everything (not just items you buy), like toiletries, clothes, phone service, gas, etc. Once you've made your list, review with a parent or other adult. Add it all up and see what your monthly expenses are. Add this amount to the above housing costs.
3. Plan for having fun – Treat yourself. Determine what a monthly treat would cost– a movie with friends, hobby supplies, or saving for an annual trip. Add this cost to the amount from steps one and two.
4. Plan for the unexpected – Interview your network. Ask family and friends and do research to determine what type of unexpected expenses you might encounter. Make a list of these expenses and determine an average monthly cost (for example, new tires on your car might be \$600 or \$50 a month). Add the total of these expenses to the above.
5. Plan for sharing with others – Plan for presents and charity. Determine how much money you need each year for gifts and charity, and divide that by 12. Add that cost to your amount above and you'll have an idea of the monthly budget needed for your situation.

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Ambassador - R & D



What's needed: cookie or other product sales results, capability to do research and contact friends and family (can be phone, social media, etc.).

Steps:

1. Data is crucial to running a successful business. Analyze your cookie sale you just finished. How many cookies did you sell in booths, through friends, through family? If you didn't participate in the Girl Scout Cookie

Program, try to connect with a local troop online that participated and use your expertise to analyze their performance.

2. Research at least three companies that use new ways to market their products. Are these methods successful? Brainstorm how you could use these ideas to market your own business or mentor a troop or individual cookie or fall program.
3. Find out what Research and Development (R & D) means. Then, learn what careers are available in it and what kind of education you need to have a career in R & D.
4. Leverage your customers for market research. Since you're probably at the point of thinking about your Girl Scout Gold Award or Take Action project, survey your friends and family through social media or other methods.
5. Develop a fun, new way to use an existing product. Research and Development isn't always about just coming up with new product ideas. It's also about improving existing products or finding new ways to use them. In this step, select a product and brainstorm new ways to use it.

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