Earn your **Science of Style** Badge at the GSLC

**Materials Needed**

- Two similar “after-sun” skin lotion products from different brands
- DIY “after-sun” recipe ingredients (recipe included)
  - 4 tsp per girl of Aloe Vera
  - 4 tsp per girl of Olive Oil
  - 1 tsp per girl of Coconut Oil (warm to liquefy)
  - 2 tsp per girl of Shea Butter
  - 3-5 drops per girl of Lavender Essential Oil (optional)
  - 1 empty pot or bottle per girl for storage. (should be large enough to hold 2-4 ounces)
- Fork, whisk, food processor or blender for mixing DIY after-sun lotion
- Paper/Pencils for sketching
- Three different shampoos from the same brand. Look for shampoos with different claims like “shine,” “volume,” and “color-stay.”
- Optional: some troops may enjoy having a variety of costume items for a “ham it up” fashion show for the last step!

**Prepare in Advance**

- Review the badge overview, in print, or online at [Girl Scout Badge Explorer](#)
- Print photos showing how swimwear has changed over the years in the United States.

**Steps**

**INSPIRE**

**Step 1: Test Skin Care Products**

- Be inspired by the INSPIRE video featuring Girl Scout Sachi Uyemura video and discover how she incorporated a product into her Girl Scout Gold Award project.
- If you’ve ever looked at beauty-product labels, you’ve noticed a long list of chemical or natural ingredients. Most products are created in a lab by cosmetic chemists, technicians, and analysts, who devise and test the formulas. In this step, get a little closer to the process (and try it yourself).
- You are at the beach enjoying the sunshine, so let’s test out some DIY after-sun skin lotion! Make your own after-sun skin lotion using the following recipe for **Homemade Natural After-sun Lotion**:
  - 4 tsp of Aloe Vera
  - 4 tsp of Olive Oil
- 1 tsp Coconut Oil (warmed to liquefy)
- 2 tsp Shea Butter
- 5 Drops of Lavender Essential Oil (optional)
- Combine ingredients with a blender, mixer or with a fork or hand whisk. Pour/scrape into a small empty pot or bottle for storage. Keep in the refrigerator for extra cooling on sun kissed skin!

- Test your product with the other two store bought after-sun lotions. Rate your product, comparing qualities like: texture, smell, viscosity, color, etc. Record the results.

### Step 2: Science Behind Fabrics and Accessories
- Inventions in fashion strive to meet our busy lifestyles and demands. As an alternative to scratchy, heavy wool, scientists came up with synthetic fleece. They also developed waterproof outerwear and no-iron shirts. Some gemstones are even engineered in a lab! Explore the emerging aspects of the science of fashion.
- Research online for information about outdoor fabrics.
  - Find the best layering materials for cold and hot weather.
  - What are the properties in waterproof and thermal fabrics?
  - How are fibers designed to draw moisture to the surface of garments?
- Design and sketch the perfect outfit for daytime and nighttime beach outdoor scenarios, paying close attention to the type of fabrics you would use and why.

### Step 3: Science Behind Hair Products and Perfume
- Some hair products claim to thicken hair. Others promise smoother, shinier locks. What is the scientific truth behind these claims? And do you wonder what type of scents people are attracted to and why? Get some answers in this activity.
- Compare ingredients in three different shampoos from the same brand.
- Look for shampoos with different claims like “shine.” “volume,” and “color-stay.” Find the basic ingredients that shampoos share.
- Compare the ingredients in those promising special effects, such as shine or volume. Can you tell which compounds in the ingredients cause the effects?
- Research how acids work on the hair cuticle to create shine.
- Test each shampoo at least twice to see what ingredients might produce a result teen consumers would love.

### Step 4: Investigate the Sociology of Style
- In what ways do fashion and beauty mirror our society or reflect social order? Throughout history, fashion and beauty have played significant roles in politics, psychology, and culture. Find out more.
- Using the internet or the photos prepared in advance, put together a swimsuit fashion timeline that shows how the social developments of the 20th century were reflected in the beach styles of the day. Use what you uncover to develop and sketch your vision for 21st century fashion trends in beachwear.
Step 5: Formulate Future Style

- Where is style going to lead us? What will be some of the digital and electrical components in the future of style? Unleash your imagination and become a part of where we might be headed.
- Fashion forecasting is big business. Experts study manufacturers, color trends, fashion shows, global influences, and consumer appetites to predict tomorrow’s looks.
- Review all the you learned about products, fashion and style, and hold a fashion show (either act it out with your troop modeling, or sketch your predictions) and share the beauty trends you predict one year from now and five years from now – it might be a sketch, digital slide show, or even a fun fashion show!
Earn your **Game Visionary** Badge at the GSLC

### Materials Needed

- Materials needed for trust-building exercises: Blindfolds, slips of paper, pencils
- Paper to make “Bingo” cards (5 x 5 squares with free space in middle) or print the attached
- Pencils/pens enough for each girl
- Cameras or smartphones

### Prepare in Advance

- Review the badge overview, in print, or online at [Girl Scout Badge Explorer](#)
- Girls choose one or more trust-building exercises to lead and gather all materials needed
- Ask girls to bring cameras or smartphones.

### Steps

#### Step 1: Break the Ice

- Be Inspired by the INSPIRE video featuring Haley Hanson video to learn how she used trust-building exercises, or icebreaker games, as part of her Girl Scout Gold Award project.
- Icebreaker activities are a great way to get acquainted. After you lead players through a well-crafted “getting-to-know-you” exercise, they should have no problem finding something to talk about.
- Learn to let go and rely on a partner with trust-building exercises. These may range from the popular “catch me” exercise to complex games in which one person is blindfolded and must follow directions from their partner to complete a task.
- Or try finding your partner in a group: one idea is “animal connection,” in which slips of paper with the names of animals are put in a hat. There are two slips for each animal. Each player draws a slip, and at the go signal, all players act like that animal. The first players to find their partner win (or the challenge can be for all players to pair up within a certain time limit – the time can get progressively less as the players get to know each other’s antics.

#### Step 2: Imagine all the World’s a Board

- From rainy days to late nights with friends, few things beat passing the time with your favorite board games. Except maybe playing a game that makes the world the board!
- Before going outside, fill a bingo card with objects, fixtures, or visual items from the
Marina Park area. For instance, since you are playing at the Leadership Center, some squares might be “black sand,” “pointed leaf,” and “rock that looks like a trefoil.” Be creative!

- Go outside and wander the area with at least two others, and in order for you to mark off a square, the other players must agree that you saw the thing in question.
- The first player with a bingo wins. (Or play to blackout, filling all the squares!)

**Step 3: Create a Physical Challenge**

- It’s easy to find motivation to move when you’re having fun. Get everyone into gear with these pulse-pumping endurance tests, and they’ll learn the value of feeling good, body and soul. In these group-oriented activities, everyone works together to build strong teams, inside and out.
- Amazing race - Combine two or more sports into one adventure race, or join an organized adventure race. If you make your own, chart out a course that requires small teams of racers to work together to navigate, using only a map. The first team to follow all the rules and complete the course wins. Racers might use the exercise par-course onsite at the Leadership Center, or develop their own race route!
- Safety: Be sure to plan using Safety Activity Checkpoints for the activities the girls choose.

**Step 4: Get Puzzled**

- Your brain might not be a muscle, but that doesn’t mean it doesn’t deserve a good workout! Tone your gray matter and flex your smarts by organizing a brain-teasingly challenging puzzle game, such as a Mini puzzle hunt:
  - Group everyone into teams of 2-3 people. Each team creates a series of three to five riddles, short puzzles that lead from one clue to another. For example: one team may write “Look in the place breezes blow” which is meant to send the seeker to the windowsill for the next clue!
  - Teams then give their puzzle hunt to another group, so everyone is involved in making up and solving the hunts.

**Step 5: Make an Ultra-Scavenger Hunt**

- Come up with short or daylong challenges involving clever clues that lead your players through a series of items on a list. The team with the most finds at the end of the game wins. (You may need some official judges to decide if a find satisfies the requirement, since this is no ordinary scavenger hunt!)
- Super alphabet hunt - Make an area limit for the hunt, and ask participants to take a digital photograph of between 50 and 10 things they describe using a particular letter (or 10 things described with 5 or 10 different letters).
  - The challenge is to first take a photo of the thing, and second to describe it using as many words as possible that start with the chosen letter.
  - Ex: “B” = “bird” gets fewer points than “B” = “beautiful brown birds beside big barns.”
  - When time is up, players show their photos (on camera or in a digital slide show) and share captions – one point for every word that starts with the letter. Most points wins!