

Your Cadette Badges

Earning badges is a great way to start new hobbies, explore dream careers, or try something new for the pure fun of it! These badges have been designed especially for your level—so they’re sophisticated, interesting, creative opportunities to learn skills and dig into ideas that are relevant to you. There’s no worrying about grades or needing to become an expert. Unlike almost everywhere else in your busy life, earning a badge is a chance to try something new simply because you think you’ll enjoy it. Of course, there’s another exciting purpose to the badge process—you never know who you’ll meet, what ideas will inspire you, or what new passions or talents you’ll uncover. You can be positive of one thing, however: You’ll learn a truly useful skill along the way.

Read on for tips about how to get the most out of your badges.

Choosing a Badge

Pick badges based on what sounds like fun or gives you a chance to build a skill you've always wanted to have. Here's how each badge is set up.

TIPS BEFORE TAKEOFF: These important bits of information give insight into how the badge is set up and how the steps work together. They might also include things you need to consider before you start, so read them carefully.

STEPS: Each badge has five steps. Complete all five steps to earn the badge.

PURPOSE: This sentence that tells you what skill you'll know once you've earned the badge.

Woodworker

Woodworking gives you a great sense of accomplishment—you can make stylish, useful things for yourself and others. Plus it's fun! In this badge, add to your talents with a skill Girl Scouts have been learning for 100 years—the ability to do it yourself.

Steps

- 1 Swing a hammer
- 2 Keep it level
- 3 Use a screwdriver
- 4 Saw some wood
- 5 Build it yourself

Purpose
When I've earned this badge, I'll know how to use some basic tools to make simple woodworking projects.

It is a thrill to say "I made it myself." Your article may not be as beautiful as one made by an expert but you can be proud of it because it is your own.

CHOICES: Each step includes three choices for how to complete it. You only have to do one, so pick the choice that sounds the most intriguing, the most fun, or the one that will require you to “stretch” a little. When you're finished, check the box next to the choice you've done. If you find that you're really enjoying the activities—maybe you've found a new hobby or career interest—do as many choices as you want.

Note: Cookie Business badges are focused on one thing—learning to run a business during the Girl Scout Cookie sale—so they offer just one choice for each step.

THAT'S FROM WHERE?

Every step has three choices. Do ONE choice to complete each step. Complete all five.

TIPS BEFORE TAKEOFF

- This badge is all about new cuisines, so choose dishes you've never tried before.
- Make it a meal! If each dish you choose in steps 1 to 4 works as a separate course, you could have a “new cuisine” feast in step 5!
- Examples of cuisines: Indian Samosa, Chinese Southern Sweet Tea, British Stir-Fry, Black Bean Tacos and Broccoli, Italian Trifle.

STEP 1
Make a dish from another country

Thai food is often spiced with lemongrass and hot chilies. In Japan, some people breakfast on pickled-plum-stuffed rice balls or miso soup. Ethiopians often use a delicious flat bread to scoop up lentils or veggies. Expand your palate and your culinary repertoire by going international in this step—no passport needed.

CHOICES – DO ONE:

- Cook something from an area of the world you're new to—a cookbook with recipes from that place and pick a dish that looks yummy. Or call a travel agency and ask for a favorite dish from the area.
- Try Make It FUN!** Let a world atlas fall open to a page or spin a globe and see where your finger lands, then cook a recipe from that place.
- Find a relative, friend, or neighbor who's an immigrant. Ask that person for a personal recipe that represents their country of origin and cook it with them.
- Get a recipe for an ingredient that's new to you. Check out the international section of a grocery store or an international specialty store for an ingredient—a spice, a dried fruit, a canned good. Make a dish that uses that ingredient.

When you find a recipe, ask yourself these questions:

- Can I find the ingredients? Is there a good substitute for anything that's hard to find?
- Will I need special equipment?
- How will I learn any specific cooking techniques?
- Do I want to adjust any ingredients to better fit my approach to healthy living?

Map Labels: North Africa (Couscous), Scotland (Shortbread), France (Crepes), Germany (Hamburger), Switzerland (Cheese), North America (Popcorn), Middle East (Hummus), Caribbean (Fried Plantains), England (Chocolate Bah), Italy (Polenta).

FOR MORE FUN: These are fun ideas for getting more creative with an activity. They're *not* required.

Take time to read through the whole badge before you start! You'll see which activities sound like the most fun, and you'll know how all the steps fit together, so you can do the choices that make the most sense for you.

STEP 2 Dig into the science of trees

You've got a good idea about how trees and plants are a tree souvenir that tells the story of the land behind them.

CHOICES - DO ONE:

- Be a naturalist in your neighborhood.** Take a walk through your neighborhood and identify at least five different types of trees. Then make a tree map of your neighborhood. Note the types of trees and where they grow. How do they get their water? Were they natural or planted? Include notes in your map for a cool tree reference.
- For More FUN:** Add photographs—what about pictures of your trees through the seasons?
- Sketch and label the parts of a tree.** Choose your favorite kind of tree and make an annotated sketch that shows leaves and levels, from top leaves to bottom roots. Include how three kinds of plants or animals use your tree—perhaps for food, fuel, camouflage, medicine, or shade.
- For More FUN:** With your Cadette friends, choose part of a tree to be such as the roots, bark, or trunk. Together, act out how your different parts work together to keep a tree healthy in the sun and rain.
- Delve into the forest life cycle.** Trees destroy—but they also create. Some pine trees rely on fires to open their cones. Find out what role fires play in a healthy forest. Talk to a ranger or other fire expert about the techniques they use to manage forests—before, during, and after fires occur.
- For More FUN:** Visit a fire tower to get a panoramic view of a forest.

STEP 3 Make a creative project starring trees

Trees have long inspired people to create. Here's your chance to turn your growing knowledge of trees into art.

CHOICES - DO ONE:

- Get tree crafty.** Try your hand at leaf or bark jewelry, sculpture with acorns, pinecones, or recycled wood, a pressed-leaves book or a wood-paper sheet collage book cover, leaf coasters, or a carved or decorated walking stick. Share your project with family, friends, and Girl Scout sisters—or make it a gift!
- Capture a tree on your camera or the page.** Take, draw, sketch, photograph, or scroll a leaf, tree, tree flower, forest, or tree landscape. If you're more of a poet or singer, find three poems or learn three songs about trees, and then write your own poem or song.
- For More FUN:** Organize a tree talent show with your friends and Girl Scout sisters.
- Create your own tree legend.** There's a rich history of tree mythology in Celtic and Native traditions, Western American culture, and even in ancient Greece. Find these fascinating stories, and then write your own legend to share.
- For More FUN:** Turn your story into a short film or make it a bedtime story.

The Japanese Art of Bonsai

Bonsai are tree sculptures. Bonsai are not miniature varieties or dwarf trees. They are just people's hands and minds. Each tree has a unique shape and story. The trees are used to bring together nature and art. They are a symbol of peace, harmony, and beauty. The most famous bonsai artist, Maunshu Himeura (1872-1958), was a rock star. But his mother asked him to apprentice with a famous artist at age 15, and he has since become the international rock star of bonsai.

More to Explore

Pretend that you're a Girl Scout in 1965. Try this activity girls did to earn their Trailblazer interest patch. With the cooperation of your scout, make a survey of one campus. Learn the history of "hardwood" of the site. What was the land like originally? What kinds of trees and plants grew there? What can be done to restore the land, attract birds and animals, and preserve water life?

MORE TO EXPLORE: These boxes offer extra activities related to the badge topic. They're *not* ways to complete the steps—just additional ideas about how to gain more insight and make your badges the most exciting they can be.

ADD THE BADGE TO YOUR JOURNEY: When you go on a National Leadership Journey, you develop your leadership skills and enjoy the fun of learning new things and building new relationships. There are many ways to earn badges along the way. To help you brainstorm, each badge includes a tip for how to connect it to a Journey. Have fun using your imagination to find even more ways that badges and Journeys go together.

GIVING SERVICE: It's Girl Scout tradition to learn skills so we can use them to help others—we've been earning badges for this purpose for over a century. Here you'll find three ways you could give service with the skill you've just learned. There's also room to write how the skill inspires you to continue the tradition of service. You could add some inspired ideas for Taking Action, too! These are ideas—they're *not* required.

Add the Badge to Your Journeys

Your Leadership Journeys invite you to Take Action and make a difference. Try using cartoons to tell a story about an issue you care about, an adventure in Taking Action, or to share a message that inspires others to get involved in changing the world.

Now that I've earned this badge, I can give service by:

- Creating an inspirational comic that shows Juniors what they'll love about being Cadettes
- Making comic posters when a friend runs for student office
- Drawing a comic about a school or community issue and sharing it with others

I'm inspired to:

Planning Your Time and Budget

How much time should it take to earn a badge? That depends on you! When you're done, you want to feel a sense of accomplishment and know that you've really developed a new skill. So relax, enjoy yourself, and take as much time as you need.

In some badges, you're asked to "find out about," "explore," or "investigate" a particular topic. In general, this process should take at least an hour. Don't keep your eye on the clock, though! Keep going until you feel satisfied that you've gained a greater understanding of that topic.

When you're busy with school, friends, family, and extracurricular activities, you may wonder how you will find time to earn badges. Try to find connections between activities you're already doing and Girl Scouting. For example, maybe you already make dinner for your family once a week. If you're doing a Cook badge, you can easily figure out a way to make one of those dinners apply to a badge step—and your family will probably love eating the special meal you create!

You also may need to be creative about funding your badge activities. Try to complete a badge while spending little or no money. Use common resources or recycled products whenever possible. If you need supplies that don't fit your budget, see if you can get a donation from an individual or business owner. You might even find some inspiration in the financial skills you develop by earning your Financial Literacy and Cookie Business badges.



Tapping into an Expert Network

You'll see choices throughout the badges that suggest that you find an expert to give you information or teach you a skill. It's quite rewarding to get help from people who are willing to share their expertise. And if the badge is related to a possible career interest of yours, this can also be a way to start finding mentors and building your network!

When you ask someone to help you, be ready to explain why you want to earn the badge, how much time you're asking the expert to give, and any resources you might need, such as materials, equipment, or facilities. Let them know that their contributions will be a big help in fulfilling your goal.

Before you talk with or meet any expert, discuss your plans with your family and Girl Scout volunteer. They may want you to have an adult accompany you.



Interviewing Tips

Some choices ask you to interview someone. Here are some tips to keep in mind.

- 1 Set up the interview in advance.** Establish a convenient time and place for the interview. People may choose to talk at home, on the job, or in public places like a coffee shop. (If you're doing the badge on your own, meet in a public place.) Be flexible about your own schedule, and do your best to accommodate theirs.
- 2 Be prepared.** Write a list of questions ahead of time, and carry a notebook and extra pens to the interview. You could also bring a small tape recorder, but always ask before taping someone.
- 3 Take accurate notes.** If a person talks too fast, ask them to repeat the information. If you plan to quote someone, you must write down exactly what that person says.
- 4 Be polite.** Be on time, dress neatly, and remember to say thank you.
- 5 Relax and have fun!** Most people feel shy about meeting someone new. Try practicing with a friend or family member ahead of time—it will help you feel more at ease.



Exploring Careers

Every badge includes a list of careers related to the badge topic. If you're having fun doing a badge and a job related to it sounds exciting, find out more about it! Badge activities are a wonderful way to try your dream career on for size or get inspiration for new career goals.

Working with Younger Girls

As an older Girl Scout, you may want to pass on your knowledge or help younger Girl Scouts earn badges. Here are a few tips.

- Be realistic about time.

Generally, children can stay focused on a directed activity for 20–30 minutes, but they prefer to be involved. This is why many of the badge activities are “hands-on.”

- Pay attention to all the children in a group and each of their individual needs—be careful not to pick favorites.
- If a girl is not acting appropriately, try to figure out why, and turn her attention to the activity at hand.

● When you are giving directions, try to do so visually as well as verbally. Demonstrate tasks before you ask girls to do them.

● Be flexible. There are a variety of ways to accomplish most activities. Within reason, you can let a girl find her own way.



Staying

Safe



- When you're doing a badge activity, you may choose to work with an adult you know and trust. Discuss your plans with an adult before starting any activity.
- Some badges suggest going to a website for more information. Sign the Internet Safety Pledge before going online.
- Any badge that involves cooking requires extra care around stoves, hot food, and knives. Also be sure you know how to tell when food has been thoroughly cooked.
- When you're working on craft projects, be careful when using sharp tools. Use nontoxic paints, glues, and markers, and make sure your work area is well ventilated. Avoid using old or unlabeled materials, since you don't know how safe they are.
- Always wear safety goggles when working on anything (such as a science experiment) that may cause something to get in your eye.
- Emotional safety is important, too! Some badges suggest doing a role-playing exercise. Always be kind—listen well and respect people's varying points of view and privacy. Don't push someone to participate—and if they do volunteer, let them choose their role and take time to prepare. Never make fun of a performance. End every role-play with a discussion that allows everyone to process their thoughts, feelings, and emotions about what they've seen and heard.





Internet Safety Pledge

- I will not give out personal information such as my address, telephone number(s), parents' or guardian's work address or telephone number(s), and the name and location of my school without the permission of my parents or guardian.
- I will tell an adult right away if I come across or receive any information that makes me feel uncomfortable.
- I will always follow the rules of Internet sites, including those rules that are based on age of use, parental approval and knowledge, and public laws.
- I will never agree to get together with someone I "meet" online without first checking with my parents or guardian. If my parents or guardian agree to a meeting, I will arrange for it to occur in a public place, and I will bring a parent or guardian along.
- I will never send a person my picture or anything else without first checking with my parents or guardian.
- I will talk with my parents or guardian so that we can set up family rules for going online. We will decide on the time of day that I can be online, the length of time that I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.
- I will not use the Internet to collect money for Girl Scout products, and I will follow all safety guidelines related to Girl Scout product sales.
- I will practice online "netiquette" (good manners) at all times when online.
 - I won't spam others.
 - I will not bully nor will I tolerate bullying (and I will always tell a trusted adult if this is a problem).
 - I won't use bad language.
- I will be guided by the Girl Scout Promise and Law in all that I do online.

Signed,

My name

Date

Parent or guardian

Date