



Green 2 Troops – Brownie Dancer Badge

Goal: Explore the art of dance while keeping your impact light — on your feet *and* the planet.

Step 1: Warm Up

Lead a *no-equipment warm-up* using stretching and movement games.

- Girls create their own stretches inspired by animals, weather, or yoga.
 - Optional: Use a reusable whiteboard or chalkboard to list moves.
 - **No waste tip:** No printed materials, no props, just bodies and brains in motion.
-

Step 2: Try a New Dance

Watch a short video or learn a dance from a different culture — no props required.

- Girls can pair up and teach each other a move.
 - No access to tech? Use traditional rhythms (clapping, stomping, call-and-response songs).
 - **Girl-led twist:** Let girls choose the dance style or music (if any).
-

Step 3: Create Your Own Dance

Use chalk or masking tape to create a *dance map* on the floor.

- Girls invent a sequence of steps and name it.
 - Add optional sound effects with hands, feet, or voices.
 - **No waste tip:** Reuse the same chalk/tape for future activities.
-

Step 4: Make Up a Dance Story

Girls act out a *story dance* with no costumes or props — just imagination.

- Example: The journey of a butterfly, a rainstorm, or a growing tree.
 - Perform it as a group or individually.
 - **Optional bonus:** Pair with eco-themed stories!
-

Step 5: Perform Your Dance

Put on a *zero-waste performance* for friends or family.

- Make a reusable “stage” sign using cardboard.
- Use scarves or fabric scraps if they want props — but they’re optional.
- **Reflection:** Ask girls how dancing made them feel and what they learned about expressing themselves without stuff.