

# JUNIOR INDEPENDENCE BADGE – MEETING 2

**Badge Purpose:** When girls have earned this badge, they’ll have confidence doing things on their own and will know how to help others have confidence in them.

**Activity Plan Length:** 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> <li>Girls recite the Girl Scout Promise + Law.</li> </ul>	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
15 minutes	Good Habits Handbook <ul style="list-style-type: none"> <li>Girls learn how to break a bad habit.</li> </ul>	<input type="checkbox"/> Small notebook or journal (one per girl) <input type="checkbox"/> Writing utensils <input type="checkbox"/> Stickers <input type="checkbox"/> Magazines <input type="checkbox"/> Ribbon
20 minutes	Testing Smoke Detectors <ul style="list-style-type: none"> <li>Girls learn how to keep their homes safe.</li> </ul>	<input type="checkbox"/> Smoke detector <input type="checkbox"/> Batteries
15 minutes	Miss Independent <ul style="list-style-type: none"> <li>Girls show off their independence.</li> </ul>	<input type="checkbox"/> Copies of “In Case of Emergency” worksheet <input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils <input type="checkbox"/> Phonebook or computer with internet access
10 minutes	Snack Chat <ul style="list-style-type: none"> <li>Girls enjoy a healthy snack while discussing what they have learned.</li> </ul>	<input type="checkbox"/> Healthy snack
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends song lyrics poster

## Getting Started

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.



## Activity #1: Good Habits Handbook

Time: 15 minutes

Badge Connection: Step 3 – Break a bad habit

Materials Needed: Small notebook or journal (one per girl); writing utensils; stickers; magazines; ribbon

1. Explain to the girls that part of being more independent is practicing good habits. Give them a few minutes to decorate the cover of their journal, including their name.
2. Tell girls to open it up to the first page and think about some of the bad habits they have. They can list as many as they want. If they can't think of any, here are some examples:
  - Putting off schoolwork
  - Being disorganized, losing homework
  - Forgetting to brush your teeth
  - Biting your fingernails
  - Not putting away your clothes
  - Eating too much junk food
  - Being bossy with friends
  - Interrupting when your friend is talking
3. Ask girls to pick one of the bad habits they have listed. Write it on top of the next page. Ask girls to think to themselves about why they do it. To help girls figure out why, tell them to write down when they do it, how they feel before, during, and after doing it.
4. Next, have girls write about how this habit might affect others. How would she and the people affected feel if she changed the habit?
5. On the next page, tell girls to find something positive to replace the habit. The key is to break the old routine around that habit.
6. Challenge girls to use this journal to track their progress of breaking a bad habit and starting positive ones. Encourage girls to reward themselves each day, week, or month they have success.
7. Optional: Have girls bring their journals to the next troop meeting and discuss how they are doing!

## Activity #2: Testing Smoke Detectors

Time: 20 minutes

Badge Connection: Step 4 – Help around the house

Materials Needed: Smoke detectors; batteries

Prep Needed:

- If you meet in a public facility, such as a church or school, check with the maintenance manager to see if this is okay to do with the girls. Invite them to attend your meeting if they'd like to teach the girls!
  - For additional information on fire alarms: [https://www.usfa.fema.gov/prevention/outreach/smoke\\_alarms.html](https://www.usfa.fema.gov/prevention/outreach/smoke_alarms.html)
1. Tell girls they can practice being independent by helping keep their homes safe. Ask girls what smoke alarms are and why they should have them in their homes.
    - Smoke alarms help protect families by making a very loud beeping noise to warn that smoke is in the air or a fire has started.
    - Sometimes, especially at night when people are sleeping, they may not see fire, smell smoke or wake up in time to get out safely.
    - Smoke alarms provide an early warning signal for escape from fire.
  2. Take a walkthrough of your meeting place and point out important safety devices in kitchens, bathrooms and classrooms like smoke detectors, radon detectors, carbon monoxide detectors, and fire extinguishers. Demonstrate what a smoke alarm looks like and the sound it makes when it detects smoke.
  3. Ask girls what they should do if they hear a smoke alarm sound.
    - They need to follow their home or school fire escape plan and get out fast.
  4. Ask girls if they know where smoke alarms should be installed.
    - Smoke alarms should be installed on every level of the home, including the basement.



- For extra safety, install smoke alarms both inside and outside the sleeping area.
  - Smoke alarms should be installed on the ceiling or on the side walls 6 to 8 inches below the ceiling.
5. Ask girls how often they think the batteries in smoke alarms should be changed.
    - Batteries should be changed at least once a year and tested monthly to make sure they are working.
  6. Show girls where the batteries go in a smoke alarm. Ask for a volunteer to replace the batteries correctly.
  7. Have one of the girls press the test button to demonstrate it is working properly. Also, remind girls that alarms need to be kept clean from dust. This can be done by running a vacuum cleaner attachment over and around them.
  8. Protect your home from fire by helping grown-ups remember to:
    - Put smoke alarms in the home, especially near bedrooms.
    - Test smoke alarms monthly to make sure they are working.
    - Replace with brand new batteries at least once a year.
    - Keep smoke alarms clean from dust.

### Activity #3: Miss Independent

Time: 15 minutes

Badge Connection: Step 5 – Show off your independence!

Materials Needed: Copies of “In Case of Emergency” worksheet; paper; writing utensils; phonebook or computer with internet access

Prep Needed:

- Make copies of the “In Case of Emergency” worksheet (one per girl).
  - Let the parents know beforehand that the girls will be doing an activity that will enable them to stay home alone in the near future. If parents aren’t comfortable with this arrangement, have their girl work on another option provided below.
1. Girls should feel ready to be responsible for themselves. Tell them they are going to prepare for staying home alone, with consent from their parent/guardian. If parents are not okay with this activity, the girls can take the lead in running a family errand, or plan an afternoon outing with their friend.
  2. Discuss what to do in possible situations while home alone, such as answering the phone, answering the door, a severe storm, and smelling gas or smoke. Have girls fill out the In Case Of Emergency sheet. They can look up numbers in the phonebook if necessary.
  3. Hand out a sheet of paper and a writing utensil to each girl. Have girls brainstorm what they would like to do when they are home alone. Perhaps they want to use the quiet time to de-stress by taking a bath, doing yoga, or journaling. Maybe they want to watch a movie, play their favorite music and dance, or read a book. Have them write down “When I’m Home Alone” at the top of their sheet of paper and then have them write down their ideas below it.

### Activity #4: Snack Chat

Time: 10 minutes

Badge Connection: Questions link to multiple badges

Materials Needed: Healthy snack

1. While enjoying snack, here are some things for girls to talk about:
  - Is there a new habit you would like to start? For example, reading a chapter each night in a book for fun.
  - What is something you would like to eventually do by yourself?
  - How does it feel when you do something independently? Do you feel proud? Nervous?
  - Do you know how to maintain a bike? Take care of a car? What do you need to do? Why is this important to know?



## Wrapping Up

Time: 15 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

## More to Explore

- Field Trip Ideas:
  - Go to Home Depot, Menard's, or Lowe's and ask for a demonstration on fixing a leaky pipe, hanging a picture, painting furniture, or installing a light fixture.
  - Visit a bike shop to teach the girls how to do basic maintenance such as adjusting the bike seat and handlebars, replacing a flat tire, and greasing the chain.
- Speaker Ideas:
  - Invite an older girl with babysitting experience to share what it is like to be responsible for both herself and younger children.



# In Case of Emergency

Parent(s) Name(s):

Home Address:

Cell Phone:

Work Phone:

Neighbor's name:

Home Phone:

Cell Phone:

Police/Ambulance: 911

Fire Department:

Gas Company:

Electric Company:

Water Company:

Poison Control:

