At Home Activities for Cadettes

**Documentary Discussion**

*Watch a documentary video on the human-animal connection (there are many on YouTube). While you’re watching, come up with 5 discussion questions you could discuss with a friend or family member.*

**Time:** 40 mins  
**Supplies Needed:** Internet Access

**Animal Heroes**

*Even animals that haven’t been trained to save people often rise to the occasion. Cats have alerted sleeping families to house fires. Dogs have carried children out of collapsing buildings. Find five animal-hero stories and share them with someone else.*

**Time:** 15 mins  
**Supplies Needed:** Internet access

**Learn About Assistance Animals**

*Watch a video about someone’s life with an assistance animal (try googling ‘my life with a guide dog’). Write down some points about how to be a good citizen around assistance animals (not petting or feeding them, etc.).*

**Time:** 20 mins  
**Supplies Needed:** Internet access
At Home Activities for Cadettes

Let's Look at Some Comics!

Read through the comics section of a newspaper and cut out ones that you like or find inspiring. Pay attention to how all the elements of the comics work together. Keep track of what they like and don’t like, how artists show feelings and actions, and how they work timing to make punch lines great.

Time: 15 mins
Supplies Needed: Newspapers

Choose a Story to Tell

Think of a story from your life, and choose something that happened to you, a friend or a family member that you think would make a good comic. It could be a funny moment or a dramatic one, a favorite memory or an activity from Girl Scouts you want to share. Jot down what happened and who was there.

Time: 10 mins
Supplies Needed: Paper and writing utensil

Draw it Out!

Take the characters, settings and objects in your story comic and start some rough sketching. Stick figures are fine!

Time: 30 mins  Supplies Needed: Paper and writing utensil
At Home Activities for Cadettes

Framing in Four Panels

It's time to put your characters into action, and that means framing them in little boxes called panels. Use rulers to draw four panels on a blank piece of paper. Then tell your story from last session using those panels as a guide. Remember to leave space for dialogue! Convey the story by using facial expressions, body posture or both!

Time: 30 mins
Supplies Needed: Writing utensil and paper

Add the Words!

Add some words to your comic to help convey the meaning. There are three main ways to do this: dialogue (use ovals connected to the character with a fine line), thought bubbles (portray character's thoughts by putting them in ovals connected to a character's head with small bubble circles), and narrative below the panels. Once you are finished sketching out your final comic in pencil, add ink!

Time: 20 mins
Supplies Needed: Writing utensil and paper

Getting to Know Someone Different

Call someone who has some kind of difference from you. Maybe they live in a different neighborhood, or are a different height, or speak a different language. Then, come up with two lists - 10 ways you are different and 10 ways you are alike. If 10 is too easy, do more!

Time: 15 mins
Supplies Needed: Phone access

Finding Common Ground Badge
At Home Activities for Cadettes

**Explore Civil Debate**

Watch a debate from candidates for president, congress or governor from your area. Check out YouTube for debate videos like, after the debate, write down some of the arguments both sides made and see whether there's any common ground.

- **Time:** 20 mins
- **Supplies Needed:** Internet access

**A Family Compromise**

Think of a situation in which you and a family member or friend had to compromise to be able to live or work together. Do you like the solution you came up with? Write down some other possible outcomes toward common ground.

- **Time:** 10 mins
- **Supplies Needed:** None

**Go Global**

Learn the Girl Guide or Girl Scout promise in another language! Either look it up online or, if you have a friend or family member who is multilingual, have them translate it and teach everyone else. Girl Guides are the international branch of Girl Scouts. If you're curious, look up what Girl Guides do in other countries!

- **Time:** 15 mins
- **Supplies Needed:** Internet access
At Home Activities for Cadettes

Learn an International Song

To earn the World Trefoil Badge, girls in 1940 learned "several songs sung by girl guides in their own countries". Using the internet, find at least one new Girl Scout song, learn to pronounce it, and perform it.

Time: 15 mins
Supplies Needed: Internet access

Speak Up!

Research an issue girls face somewhere in the world, like lacking schools, health care, menstrual products, or adequate food. The Take Action portion of the WAGGGS website is a great place to start! Then present your findings to a friend or family member.

Time: 25 mins
Supplies Needed: Internet access

Honor an Inspiration

Think of one woman you know who exemplifies the Girl Scout Law and deserves recognition and praise. Write a story about how she's touched your lives and then give it to her! Another option could be creating a video montage with short videos of you and your friends talking about how she's impacted your lives.

Time: 30 mins
Supplies Needed: Camera access (optional)
At Home Activities for Cadettes

The Little Things

Think of the little things that make you happy and make a list as long as they can of all these things! Continue to keep noticing little things that make you happy throughout the day. Did you know: Scientists have found that the three things that make people most happy are pleasure, engagement, and meaning.

Time: 10 mins

Supplies Needed: Pen and paper

Science of Happiness Badge

Changing Our Thinking

Sometimes our worries make us focus on the very worst outcome, even when that’s pretty unlikely to happen. Brainstorm some worries or things you feel negative about. For each of those things, write down what the worst case scenario is, what the best part could be, and what you think will most likely happen.

Time: 10 mins

Supplies Needed: Pen and paper

Science of Happiness Badge

Helpful Happiness Experiment

Through texts or messages, ask 10 friends to rate how happy they feel at three different moments throughout the day on a scale from 1 to 5 (5 being very happy, 1 being not happy at all). Also, ask them what they are doing at each moment and who they’re with. Science says if they’re doing something they find meaningful with people they care about, they’ll be happier. Is this the case?

Time: 15 mins

Supplies Needed: Phone access

Science of Happiness Badge
<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Supplies Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Happiness Action Plan</strong></td>
<td>30 mins</td>
<td>Magazines and pictures, paper, glue</td>
</tr>
<tr>
<td><strong>Design a Treehouse</strong></td>
<td>20 mins</td>
<td>Pen and paper</td>
</tr>
<tr>
<td><strong>Be a Neighborhood Naturalist</strong></td>
<td>30 mins</td>
<td>Internet access (optional)</td>
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Create Your Own Tree Legend

There's a rich history of tree mythology in Celtic and Norse traditions, Native American culture and even in Ancient Greece. Go online and find some of these stores. Then, write your own tree legend inspired by the stories you heard!

Time: 25 mins
Supplies Needed: Internet access

Trees Badge

Girl Scouts of Central Texas