

Girl Scouts of the Jersey Shore
Virtual Badge Breaks | Take to the Dance Floor
Brownies: Dancer Badge

Step One: Warm Up- *(this is part of the Badge Break in a different way)*

Before you start any physical activity, it is important to get your body ready. To make warming up more fun, you can play the animal game.

While playing upbeat music, have a partner call out different animals and be ready to change your movements to match the animal that is called. (Call out animals such as Rabbit, Crab, Cheetah, Cat, Elephant, Horse, Gorilla, etc.)

Step Two: Try a New Dance- *(this is part of the Badge Break as Salsa Dancing)*

You may also want to try these dances, there are Youtube video tutorials to help you.

- The Electric Slide
- The Cupid Shuffle
- The Twist
- The Charleston
- The Cha-Cha Slide
- The Cotton Eyed Joe
- The Macarena

Step Three: Make up a new dance!

Most dances tell a story. Think of a story you would like to tell and some movements that will help you tell your story. Put it to music for a short dance.

Be creative: use props, wear costumes, and create a setting that will bring your story to life!

Step Four: Teach your dance!

Once you have created your masterpiece, teach it to your family at home. You can even videotape your dance and post it with the hashtag **#GSJSChallenge** or via the photo submission page on our website for other Girl Scouts to follow along.

Step Five: Put Some Boogie In It

Work on building good posture by doing a tissue dance with your family. Try to balance the tissue on your head while you dance to the music. If your tissue hits the ground, you are out, and you must sit down. But if it falls off and you catch it, you can keep going. Last person with her tissue on their head wins!

Share a photo or video of you trying this activity with the hashtag **#GSJSChallenge** or via the photo submission page on our website for other Girl Scouts to follow along. [GSfun.org/photoshare]