

**Girl Scouts of the Jersey Shore**  
**Virtual Badge Breaks | Women Rock!**  
**Brownie My Family Story Badge**

There are all different kinds of families. As you work on this badge, think about your family and how the traditions, activities, recipes, and experiences you share make you unique and special.

**Step One:** Watch a Family Story.

There are many movies and TV shows about families: *Liv & Maddie*, *Jessie*, *Frozen*, and *Moana*; the list goes on. To make it more interesting, watch a show from the past- Ask an adult what their favorite show was when they were a kid and watch On Demand.

Try shows like the *Brady Bunch*, *What's Happening*, *I Love Lucy*, *Little House on the Prairie*, *My Two Dads*, or *Family Matters*. After you watch the show, spend some time comparing the family to yours. How were they the same and different from your family?

Now, take it one step further. If they were going to make a show about your family, what would it be like? Who would play the characters? What would it be called?

Draw a poster for your family and share it using hashtag **#GSJSChallenge** or via the photo submission page on our website for other Girl Scouts to follow along. [[GSfun.org/photoshare](https://www.gsfun.org/photoshare)]

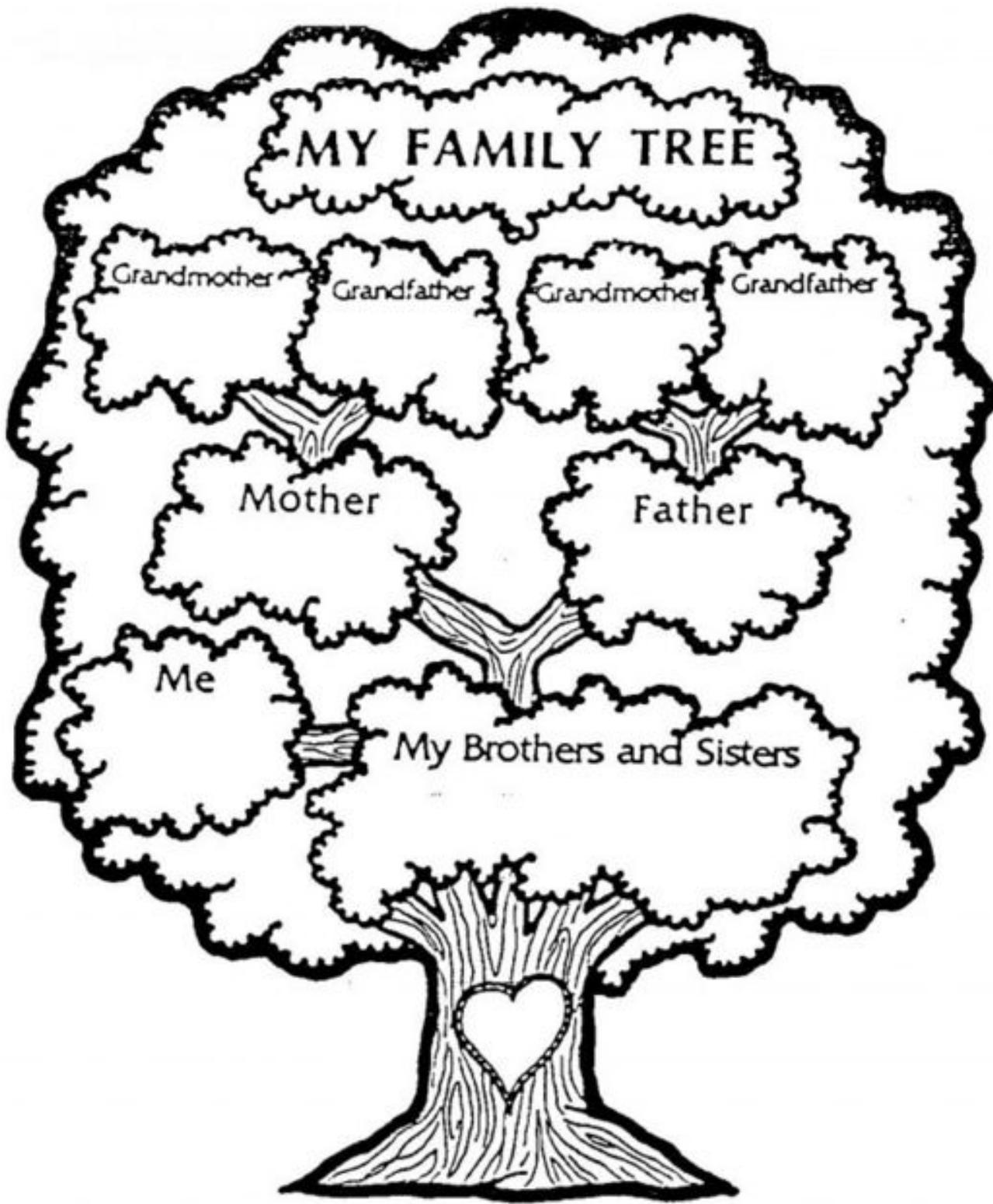
**Step Two:** Your family Recipe.

Every family has food that is special to them. Eating that food can make you feel good, bring back memories, and help spread traditions. Whether it is Grandma's secret cookie recipe, or a special side dish you share on holidays, food can bring people together.

Ask a grown-up about a special recipe in your family. (You did this in the **Virtual Badge Break**) For more fun, work with your grown-up to make the recipe and share it as a family. Take time to discuss how the recipe became special and the traditions that surround it.

**Step Three:** Family Tree.

Knowing who your family members are is only half the fun! Spend some time creating your family tree on the template provided, make sure you learn one fact, funny story, or accomplishment of each person. You will find that you are related to some amazing people!



**Step Four:** Ask about an old photo. Find a photo of a female family member that you admire. Discuss why this person is so important to you and your family. (You did this in the **Virtual Badge Break**) Use the Celebrating Female Ancestors worksheet to help you. Share your person's story using hashtag **#GSJSChallenge** or via the photo submission page on our website for other Girl Scouts to follow along. [[GSfun.org/photoshare](http://GSfun.org/photoshare)]

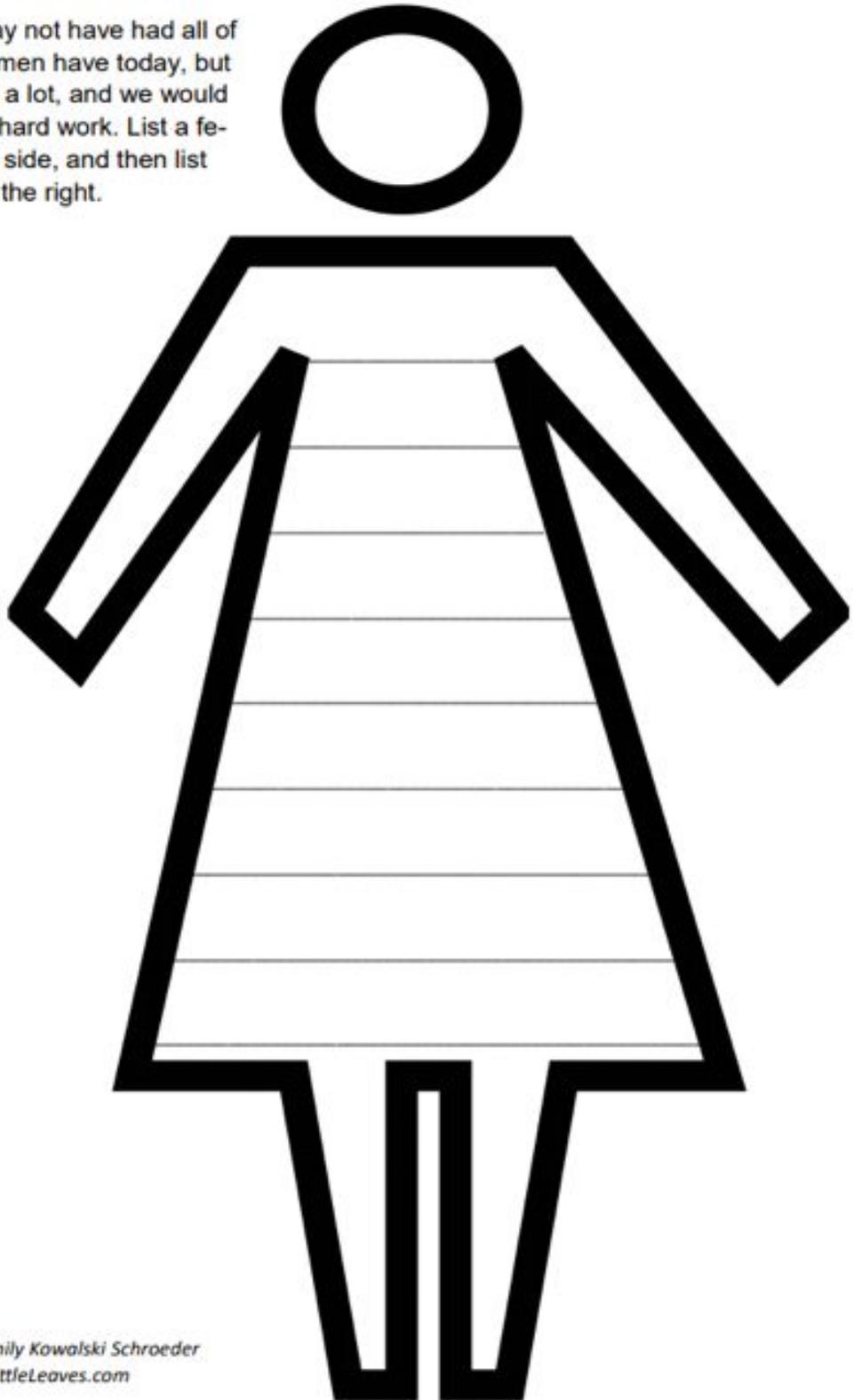
## Celebrating Female Ancestors

Our female ancestors may not have had all of the opportunities that women have today, but they sure did accomplish a lot, and we would not be here without their hard work. List a female ancestor on the left side, and then list her accomplishments on the right.

Name: \_\_\_\_\_

Relation to You: \_\_\_\_\_

Year of Birth: \_\_\_\_\_ Year of Death: \_\_\_\_\_



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**Step Five:** Create a Family Crest.

In some countries, each family has a crest, or coat of arms. A crest is a picture that uses colors and symbols to show what is important to the family. Think about what is important to your family, then draw your own crest. Share with your friends why you drew it just that way using the hashtag **#GSJSChallenge** or via the photo submission page on our website for other Girl Scouts to follow along. [[GSfun.org/photoshare](https://www.gsfun.org/photoshare)] For more fun, do an internet search of family crests. You might find one for your own family name!

