

Cadette aMAZE Badge Activity Set



This is only a summary of the Badge Activity Set. To get the complete details of how to earn these badges and to purchase them, please visit your local Girl Scout Shop or go online to www.girlscoutsnorcal.org.

Are your Cadettes enjoying their **Cadette aMAZE journey**?

Want to make the journey last a little longer? This **Cadette aMAZE Badge Activity Set** will help.

Each badge, there are five of them, includes ideas for how to tie their activities to their **Cadette aMAZE National Leadership Journey**. It is much more fun when you see how their leadership adventure fits together.

The booklets are three-hole punched to fit nicely into their Cadette Girls Guide to Girl Scouting.

How do the girls earn the badges?

Each badge has five steps to earn. Within those activities are three choices. If the girls are interested and they have the time they may do all of the activities. Not enough time? Then pick just one of the three. Each step includes tips for the leader. They also have many suggestions for the girls to choose within that step.

What about Community Service?

Do you have a group of Cadettes who like including community service in their plans? Each badge also has suggestions for giving service.

Digital Movie Maker:

A movie doesn't just tell a story, it shows a story. When Cadettes earn this badge they will know how to create a digital movie.

Step 1: Learn digital video basics
Step 2: Film. Then film some more...

Step 3: Pick the perfect subject
Step 4: Action!
Step 5: Edit and premiere your movie

Eating for Beauty:

Nutrition isn't just about maintaining a healthy weight: Eating well helps you inside and out. When Cadettes earn this badge they will know how to eat their way to a healthy mood, mind, and body.

Step 1: Know how good nutrition helps your body stay healthy
Step 2: Find out how what you eat affects your skin
Step 3: Explore how your diet affects your stress level
Step 4: Investigate how what you eat affects your sleep
Step 5: Look at how your diet affects your energy

Public Speaking:

They call it stage presence: the ability to be yourself and make a connection with people—even a crowd of people—and seem comfortable the entire time. When Cadettes earn this badge they will have found their inner performer and be unafraid to speak up.

Step 1: Get a feel for performing solo
Step 2: Focus on body language
Step 3: Find your voice
Step 4: Choose or create a piece to perform
Step 5: Get onstage!

Science of Happiness:

In this badge, you are the test subject and your life is your laboratory. When Cadettes earn this badge they will know how to use the science of happiness to make their world the happiest place it can be.

Step 1: Make yourself happier
Step 2: Think differently for happiness
Step 3: Get happy through others
Step 4: Do a helpful happiness experiment
Step 5: Create a happiness action plan

Screenwriter:

When it thrills, makes you laugh, or has a fantastic twist, a movie or TV show can seem like magic; and a great show starts with a great script. When Cadettes earn this badge they will know how to create a screenplay for a show or movie.

Step 1: Decide what makes a good script good
Step 2: Come up with an idea for a story
Step 3: Get to know your characters
Step 4: Build the plot
Step 5: Write a 12-page script—and share it

It's Your World - Change It!



These steps are only a summary and should not be used to earn the badge—the Badge Activity Set has the full details and actual requirements.