

# Give it a Go Brownies Dancing badge



To gain your 'Give it a Go' dance badge, you should try each of these activities below with the help from your leader or take part in a dance session with a local coach.

- Research 3 types of dance.
- Create a poster to explain/describe at least 2 types of dance you have researched.

## 1 Activity 1 - Warm up

- Create a relevant warm up that incorporates all the muscles you would use in a dance routine.

## 2 Activity 2 - Show and tell

- In pairs/small groups come up with at least 3 moves that you can practise and show to the rest of your unit. (Each group will show or explain their dance moves – gives the girls more ideas when they move on to step 3).

## 3 Activity 3 - Practice makes perfect

- In pairs, create a dance routine with music of your own choice. This can also be done individually or in groups. Routine needs to last at least 30 seconds.

## 4 Activity 4 - Showtime

- Perform your routine to the rest of your unit or your leader



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