

Independence Badge

Purpose: Build self-confidence and learn how to help others have confidence in you.

Step 1: Get smart about transportation

With your parent or responsible adult who knows about cars, go to the driveway or your garage. Pop open the hood of your family's car and have them show you what it takes to check your car before taking a trip. Go over all the gauges and lights on the dashboard and what they mean. How do you check the oil, windshield wipers, and brake lights? For more of a challenge, learn how to change a tire, what fluids to replace under the hood, or how to fill the car with gas.

STEP 2: Make your clothes look great

Find an article of clothing that needs a minor repair (like a button-up shirt with a missing button). Ask your parent or caregiver to teach you two basic sewing skills, like sewing a button or fixing a hem. Go the extra mile by sewing fun patches onto an old pair of jeans, sewing a headband or scrunchie, or creating something else you think is fun!

STEP 3: Practice good habits

Get a blank notebook, and think about some of the bad habits you have. Everyone has bad habits throughout life—it's OK! Your blank notebook will now be your habit tracker. List some bad habits you have, then choose one to try to change. Think about why you do it—write down not only when you do it but also how you feel before, during, and after. Now think about how this habit might affect others. Write down how you and your family or friends might feel if you could improve the habit. Next, think about something positive to replace the habit. Talk to your family about a reward system for every day you try to break your habit. Use your habit tracker to track your progress. Remember that just trying is worth celebrating!

STEP 4: Help around the house

Pick a room in your home that you use a lot. Can you help keep it neat and tidy? Brainstorm all the tasks involved in cleaning that room (like dusting, vacuuming, and cleaning windows). Try to figure out how long each task takes and the best order to do them. Then, set aside one afternoon to crank up your favorite tunes and get to cleaning! Or you can make up a song about vacuuming, washing dishes, or whatever you're doing. Notice how doing chores doesn't have to be such a chore!

STEP 5: Show your independence

Talk to your parents on ways you can show your independence, while staying safe. For example, if you want to be able to stay home alone for a few hours, work together to make an "In Case of Emergency" sheet. If you want to go to the movies with your friends, practice the steps of buying the tickets, paying for popcorn, and finding the theater. You can even show your independence by clearing the dinner table or cleaning your room without being asked!

Congratulations! You've earned the Independence badge!

Girl Scout Juniors

