

JUNIOR BADGES TO DO AT HOME



As you grow up, it's time to start taking care of yourself. It's a big task, but it can be fun to get to know yourself and what you're capable of! These steps will start you on the road to riding solo, so you can feel confident on your own, show your family they can trust you, and get comfortable striding down your path to changing the world!

Steps

1. Get transportation smart
2. Make your clothes look great
3. Break a bad habit
4. Help around the house
5. Show off your independence!

Independence

Purpose

When I've earned this badge, I'll feel more confident doing things on my own—and know how to help others be confident in me.

To earn this badge, please complete one option per step.

STEPS	BADGE REQUIREMENTS	OPTION 1	OPTION 2	OPTION 3
Step 1	Get transportation smart.	Get a bike ready to ride. Find a bicycling website or video tutorial that goes through all of the parts of the bike. Seek out a bike safety checklist to cover seat, handlebars, brakes, chain, tires, etc.	Help take care of a car. With a family member or car-smart adult, go over all the lights and gauges on the dashboard and what they mean. Then look under the hood for a safety check. Find a car checklist to cover the basics of oil, windshield washing fluid and lights, and see if the car is ready for an adventure.	Use public transportation. Using a map online, figure out how you'd run an errand or get to the nearest shopping center using buses, trains, or subways. Map out which bus or train you'd take, how long it would take to get there, and how much it would cost.
Step 2	Make your clothes look great.	Become a laundry expert. To be fashionable you need clothes to wear! Get familiar with a washing machine, how to get out stains, and how to wash and dry different fabrics (look on clothing tags for tips on each item). Then be your family's helper and do three or more loads for practice	Learn two basic sewing skills--and use them as a fashion designer. The coolest clothes are totally original—and something you make yourself is always original. Ask a family member, Google or YouTube how to sew on a button, patch, or to do a basic hand stitch. Then use your new skills to decorate an old pair of jeans, T-shirt, or sweater.	Try on the role of clothes-organization guru. Find a book, magazine or website with tips on organizing space and use them to organize your closet (or the area where you keep your clothes). You might sort them by color or length, make a shoe rack, use labeled clear plastic boxes or recycled boxes to hold different kinds of items (or accessories), decorate hangers... the ideas are endless!

<p>Step 3</p>	<p>Break a bad habit.</p>	<p>Home projects or home school work. Habits like putting schoolwork off until the last minute, forgetting to study for a quiz, or being disorganized at your desk at home. Think of one bad habit that you wish to work on changing for the better, and then make a plan to change. Practice your new habit for one week.</p>	<p>At home. Habits like forgetting to brush your teeth, not putting away your clothes, arguing with siblings, or eating too much junk food. Think of one bad habit that you wish to work on changing for the better, and then make a plan to change. Practice your new habit for one week.</p>	<p>With your friends. Habits like being bossy with your friends, talking too much about yourself, or interrupting when your friend is talking. Think of one bad habit that you wish to work on changing for the better, and then make a plan to change. Practice your new habit for one week.</p>
<p>Step 4</p>	<p>Help around the house.</p>	<p>Solve a pesky plumbing problem. Watch how your toilet works by taking the lid off the tank and flushing. Learn how to fix a running toilet. Then have someone show you how to use a plunger if the toilet gets clogged.</p>	<p>Clean to the beat. With a family member, brainstorm all the tasks involved in cleaning a room (like dusting, vacuuming, and cleaning windows or mirrors). Figure out how long each task takes on average and what's the best order to do them. Then, put it all to music—make up or find a song that will help each task go by in a flash. Last, use your mix to clean a room—your bedroom, the kitchen or garage or a family space.</p>	<p>Hang something up. Whether it's artwork, a poster, a framed portrait, or a shelf, independent girls should know how to hang fun stuff on the wall. Find out what type of fastener is best for the wall—putty, hook, double-sided tape, pushpins or nail—and hang something. (Hint: You'll need to know what the walls are made of.)</p>
<p>Step 5</p>	<p>Show off your independence.</p>	<p>Stay home alone. Hang out at home a few hours while your family is gone. Before they go, talk about who you should call in an emergency and rules of the house. You could use the quiet time to de-stress or watch a movie, or play your favorite music and make up an independence dance.</p>	<p>Run a family errand. Part of being independent is letting others know they can depend on you. Show you're dependable by mastering an errand. You could make a grocery list, then complete the order online for pickup. Or ask your family for ideas on how you can take on an independent project around the house, and then complete it on your very own.</p>	<p>Do something with a friend. Arrange to a virtual date with your closest friend and/or your troop mates. Organize a movie watch party or online book club. Find something you and a friend can do together virtually, and then lead the effort to make it happen!</p>