

# Grow Through the Arts – Patch Program

Created by Erin Brown, Troop 4491, as part of her Girl Scout Gold Award



**Overview of my “Grow Through the Arts” Gold Award Project:** In addition to this patch program, I have created a PowerPoint presentation and a video with performance clips and testimonials from some of my peers that convey the many benefits that the Performing Arts have on children. It is suggested that you view the PowerPoint and video in preparation for the patch program and, depending on the age of the participants in your group, consider sharing the content as part of the patch program educational mission.

**Daisy GS/Child Age 5-6:** Complete one Learning Activity, the required Observing Activity, and one Performing Activity

**Brownie GS /Child Age 7-8:** Complete one Learning Activity, the required Observing Activity, and two Performing Activities

**Junior GS/Child Age 9-10:** Complete two Learning Activities, two Observing Activities, and one Performing Activity

**Cadette GS/Middle School:** Complete two Learning Activities, two Observing Activities, and two Performing Activities

**Senior/Ambassador GS/High School:** Complete three Learning Activities, two Observing Activities, and two Performing Activities

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**Patch Orders:** Upon completion of this patch program, patches can be purchased for \$1 per patch plus shipping. Email [erin.brown0511@gmail.com](mailto:erin.brown0511@gmail.com) to place an order! Also, please complete the adult/leader and child evaluations (see attached) and return to me via the above email so I can track the number of participants and the impact that the program has had.

Thank you so much for your participation in my Gold Award patch program!

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### **Learning Activities:**

1. Complete both the Performing Arts Terms and Benefits Word searches. See word searches for music/choir/band as optional activities. (See Files Included)

2. Create a poster about a ballet/dance performance, play, or concert performance (Examples: Swan Lake, The Nutcracker, Wicked, Lion King, New York Philharmonic)

3. Coloring pages for dance, theater, music, or art (See Files Included)

4. Take an introductory dance, theater, singing or art class

Option for dance and musical theater free trial classes:

<https://www.scrippsperformingartsca.com/>

Option for art and dance classes: <https://www.hisawyer.com/s/c/art-classes>

Option for art classes: [San Diego — Drawn2Art \(drawn2artstudios.com\)](https://www.sandiegodrawn2art.com/)

### **Observing Activities:**

1. Watch a live dance performance, theater, orchestra or choir performance (or an online performance if live is not possible) \*required\*

Example links for live performances:

Local Performing Arts venues: <https://sandiegotheatres.org/>

City Ballet Company (858) 272-8663 [www.cityballet.org](http://www.cityballet.org) (Professional Ballet Company)  
Scripps Performing Arts Academy: <https://www.scrippsperformingartsca.com/> (Youth)  
San Diego City Youth Ballet: [www.sdcyb.org](http://www.sdcyb.org) (Youth)

Example links for online performances:

The Nutcracker - Full Length Ballet by The New York City Ballet:  
[https://www.youtube.com/watch?v=kXRMT\\_2F-WE&t=693s](https://www.youtube.com/watch?v=kXRMT_2F-WE&t=693s)

Disney Aladdin Musical: <https://www.youtube.com/watch?v=o-gLbgpzCc8>

2. Watch a dance, theater or vocal warm up online

Example links for online warm up classes:

Royal Ballet Class – Watch the first 10-15 minutes -  
<https://www.youtube.com/watch?v=7ZboDD28gxU>

Official London Theatre Mamma Mia! Vocal Warm Up – starts at 1:55 minutes  
<https://www.youtube.com/watch?v=ov0Es8fAx5Y>

### **Performing Activities:**

1. Perform a dance, act out a scene for your friends/family, play a mini concert or complete an art activity

Examples: choreograph a short dance, play freeze dance, sing a song, or act out a scene from a movie/play, make up a short skit, or draw/paint and display a piece of art; also see File included for more options for dance activities

2. Create, draw, and color a picture of a costume for a ballet/theater/opera/concert performance

3. Learn/create a skit to perform for friends/family

\*Examples with links for live performances or classes are specified to San Diego, California\*

For classes near you, search online for free introductory Performing Arts classes

For live performances, search for upcoming performances in your area

# Evaluation of “Grow Through the Arts” Girl Scout Gold Award Project by Erin Brown

Your feedback is a critical part of the measurement of the impact of my Gold Award Project, and I appreciate your time spent with the program and in providing feedback.

**Date completed:** \_\_\_\_\_

Element of the Project	Rating 1-5 or N/A (1=low and 5= high)	Response/Comments
Topic of the Project		
Overall Learning Experience		
Persuasiveness of PowerPoint/Research		
Impact of Video		
Quality of Patch Program materials (pdf)		
Experience of Patch Program		
Number of Adults Participating or Leading		
Number of Children Participating/Impacted		
Age Range of Children Participating/Impacted		
Name of Participating Organization		

What was most impactful aspect of the project? \_\_\_\_\_

\_\_\_\_\_

What is your top of mind take-away from the project? \_\_\_\_\_

\_\_\_\_\_

Ideas for improvement or other feedback? \_\_\_\_\_

\_\_\_\_\_

Any further comments or feedback can be provided via email to [erin.brown0511@gmail.com](mailto:erin.brown0511@gmail.com)

Evaluation of “Grow Through the Arts”  
Girl Scout Gold Award Project by Erin Brown

Age: \_\_\_\_\_

Did you enjoy this program?

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What was your favorite activity from the “Grow Through the Arts” project?

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Have you been in dance, music, art, or theater? If so, which one?

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Would you like to try dance, music, art, or theater?

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Thank you for participating in my Gold Award Patch Program!

Please return this evaluation to [erin.brown0511@gmail.com](mailto:erin.brown0511@gmail.com)

# Performing Arts

J Q A U D I E N C E D V Q R Q R R D X V Y K N S P  
V G L P V E E B A L L E T P B R Z L L M R K N D G  
P Q Z H P L A Y M O F I B B O W U O C S G L G P F  
Q M U S I C A L T H E A T E R C Q F O R X N P T F  
Z Z P B M H P A U D P N L U V O E L N M Q Y R B V  
R S L D J T K T R F X A C M M S O L T V U C C W P  
H C G P A I N T I N G S F Z H C I P E T T Q W K Y  
M J U O T E E N D X C N O S M R L L M L Z P P P F  
R D B P B A A E J Y O M X K A I L F P O O V M A Y  
R B H M W G N I J P S F H W N P S D O Z Z M G E C  
S B M Y Y J V P O X T S Q H D T Z X R C E Z S J O  
R Y Q M L Q B C J S U H T T J N R J A B J S Y O D  
W F J O Z O Z R J N M P J A I N S T R U M E N T T  
N W W J M Y H T F M E U U Q G O M Q Y H H O D Q F  
Z R Q G B H F Y O D S B U Q T E C M I T C Y R N S  
M Q I G O C G A U A J L B K A T A D Y M A J A L T  
Z W X V O R C H E S T R A Y P R P K A B S A W V R  
F G J P V F P N L M M V B Y U E M G D N T E I U K  
H E M G L N E M E K S Y F Q H V B B N U C C N U U  
L J E U T O R K L S I H H M U S I C S O K E G K X  
J L C M I U F L U D D V O E J L R S G W J N P H B  
E A G V N B O Y K M L T X P A A O Z F E U Y R U S  
K N R V D L R E S K U H R W V Q Z K Q D E D O A Z  
S R Z T Q P M E J Q L B G G I N R Z X X E K P A K  
J H B T C J B V B B Z J A E G O S Y F G Y T S M V

Musical Theater

Contemporary

Instrument

Orchestra

Painting

Audience

Costumes

Drawing

Ballet

Perform

Script

Dance

Stage

Props

Music

Cast

Play

Jazz

Art

Tap

# Performing Arts



Musical Theater

Contemporary

Instrument

Orchestra

Painting

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Costumes

Drawing

Ballet

Perform

Script

Dance

Stage

Props

Music

Cast

Play

Jazz

Art

Tap

# Benefits of the Performing Arts

HARDWORKUPWTKVRRKODFIWJCV  
IIRSPOCMEPRRESPECTKMHMSOI  
NGTEMFCWZVJFMIJGEMZRZPOML  
PGHUSEEUJDKEEKGIAMQWFODFZ  
MJNZIPHVORGANIZEDCYFVHZOM  
HLYULUOHSBZTKGXZVOPXNXFRM  
MMMUIOVNTVIWHQMRWMWQKJETZ  
HFFJKTEESTUAHGMFSMHFSDXF  
PFACUVDXFIJMFOTIFIFZIMPEU  
RITHZWUHEHBABRLPTTGHOCRGV  
LTCTBJNTFPPIOJDALMTAIQERY  
VNREWDLADPYCLBUNMEENRTSAV  
IHEALMWDITGLOIOGZNSQYYSTV  
TOAMAERESUKIMNTXSTHMYHIIC  
GFTWBXYTDCCKSMRKFFYYTDVCQOTA  
HEIOKLLIISWPJHOILLAWSNNUR  
OLVRLQTCPKIRTQEQQDQWBFOADZ  
XVIKVAFALNSORIQBVEEIIDYEG  
MTTODUHTICDVPFVJFNSHLCGP  
EMYAJTOINIXEVTVIYTUCDAIDX  
FINPJBMOENAMOOJMTXGLEUZTP  
OHRQNSENZDPEZXDMRNYFUXJOY  
CYHHZKGEICCNFRSEPEEBGFAC  
UBWZMJDGOWMTUMRSSJRSDNQPF  
SMALKHEALTHYOUTLETYDSATBW

Responsibility

Healthy outlet

Improvement

Confidence

Expression

Commitment

Creativity

Dedication

Discipline

Stability

Gratitude

Teamwork

Organized

Comfort

Hard work

Fitness

Respect

Joy

Focus

Home

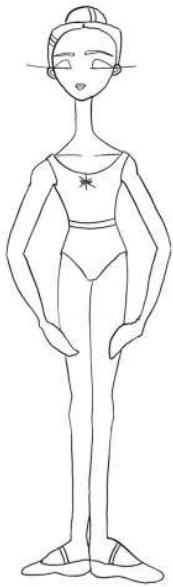


H A R D W O R K U P W T K V R R K O D F I W J C O I  
 I R S P O C M E P R R E S P E C T K M H M S C O I  
 N G T E M F C W Z V J F M I J G E M Z R Z P O M C L  
 P G H U S E E U J D K E E K G I A M Q W F O D F Z  
 M J N Z I P H V O R G A N I Z E D C Y F V H Z O M  
 H L Y U L U O H S B Z T K G X Z V O P X N X F R M  
 M M M U I O V N T V I W H Q M R W M W Q K J E T Z  
 H F F J K T E E S T U A H G M F S M H F S D X F I  
 P F A C U V D X F I J M F O T I F I F Z I M P F U  
 R I T H Z W H U E H B A B R L P T T G H O C R G V  
 L T C T B J N T F P P I O J D A L M T A I Q E R Y  
 V N R E W D L A D P Y C L B U N M E E N R T S A V  
 I H E A L M W D I T G I O I Q G Z N S Q Y Y S T V  
 T O A M A E R E S U K I M N T X S T H M Y H I C  
 G F T W B Y T D C K S M R K F Y Y T D V C Q O T A  
 H E I O K L L I I S W P J H O I L L A W S N W U R  
 O L V R L Q T C P K I R T Q E Q D Q W B F O A D Z  
 X V I K V A F A L N S O R I O B V E E I D Y E G  
 M T T O D U H T I C D V P M F V J F N S H L C G P  
 F M Y A J T O I N I X E V T V I Y T U C D A I D X  
 F I N P J B M O E N A M O O J M T X G L E U Z T P  
 O H R Q N S E N Z D P E Z X D M R N Y F U X I O Y  
 C Y H H Z K G E I C C N F R S E P E E B G F E A C  
 U B W Z M I D G O W M T U M R S S I R S D N Q P F  
 S M A L K H F A I T H Y O U T I E T Y D S A T B W

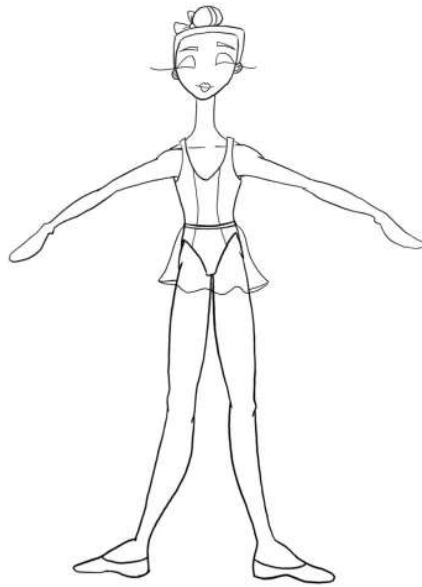
Home

A Ballet Education

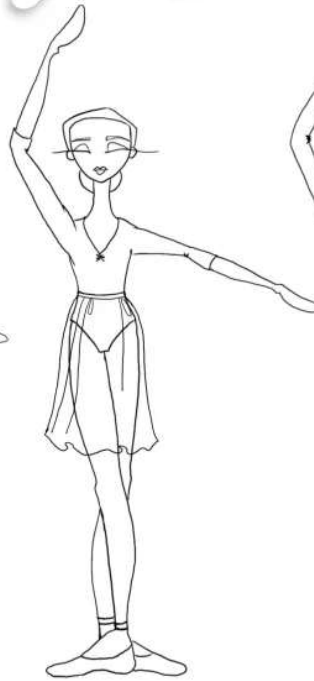
# The Body Positions



First Position



Second Position



Third Position



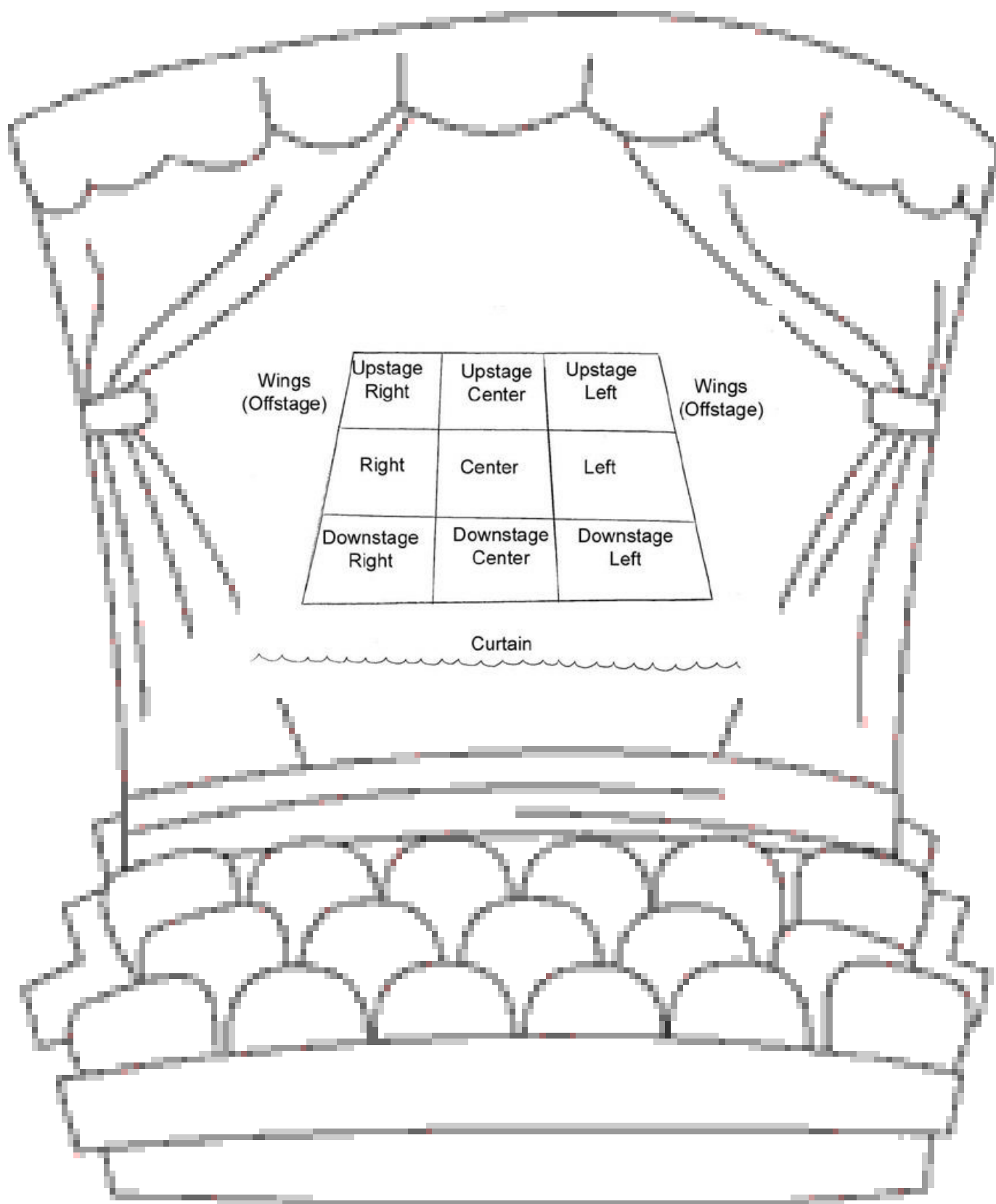
Fourth Position



Fifth Position

A BALLET EDUCATION | [WWW.ABALLETEducation.COM](http://WWW.ABALLETEducation.COM)





Wings  
(Offstage)

Upstage Right	Upstage Center	Upstage Left
Right	Center	Left
Downstage Right	Downstage Center	Downstage Left

Wings  
(Offstage)

Curtain

# Musical Instruments

## Word Search Puzzle



BANJO	GUITAR	SNARE DRUM
BASSOON	HARMONICA	TAMBOURINE
CELLO	HARP	TROMBONE
CLARINET	MANDOLIN	TRUMPET
CYMBALS	OBOE	TUBA
DRUM	PIANO	UKULELE
FLUTE	PICCOLO	VIOLA
FRENCH HORN	SAXOPHONE	VIOLIN

Free printable courtesy of [Print8Free.net](http://Print8Free.net)

# Musical Terms

R H P P L Y T F Z C Y C W M M U R S Z E Y N L Z  
 E A T E M P O Z R Q O Z K J N C C D O L Z N F Q  
 Q R E Z S U A E H M E S F E C I O V P N S T X F  
 K M Q O T F S Z P X L P H K U H D O E O G R D E  
 H O S S A C G O K E Y P A X J W P D U Y S T D A  
 J N T H E J S I P T T P C N D I Z N D X E N X L  
 D Y S N B E Q Y R M S Q R I Y M D E U N H R B T  
 I H D V R J D E O B C C Y A S R Y E O C D P A O  
 Q O S S A B B R F M I F I S H U C R N Z G T H B  
 C T W G O L M K E W K M Z M O S M O T U N E C E  
 L L X J E N B W L V O E J J A P Z T A P J T D S  
 A M F L H L A H C T I P Y V I N R M L M P A I R  
 S Q U D G C I I U D C Q E S D N Y A T E R E A E  
 S F O S U M N E P P L M P N I Z S D N T B G C V  
 I U M Z I R V O B X I F X M A G J T I O J W X Y  
 C I I Z H C A B E N O T I R A B N C R B M Y B F  
 A A S A M N A T N D E J F L D L U A Q U P P O N  
 L L S J T Q V L I M O D E R N L K V T J M R B N  
 H Y I R H Y T H M O N R Z D A M N U Z U T E D K  
 G R T Z C W Y C Y D N Z W T W A Y S X E R G N R  
 O I R O M O A H B Y D J I R M E F R E N T E P T  
 P C O B F D L O Q U S O G O V P U O Z T X C M O  
 O S F N I U P I S H N D O P M E L O D Y O F V S  
 N I T O Q X Y R T S Q V L P P H Y H D A O N T W

instrument

song

tenor

alto

music

piano

treble

key signature

tune

style

musical

sound

play

lyrics

composers

baritone

soprano

modern

verse

classical

pop

jazz

voice

choir

melody

rhythm

harmony

fortissimo

crescendo

notes

beats

bass

forte

dynamic

sharp

pitch

tempo

duration

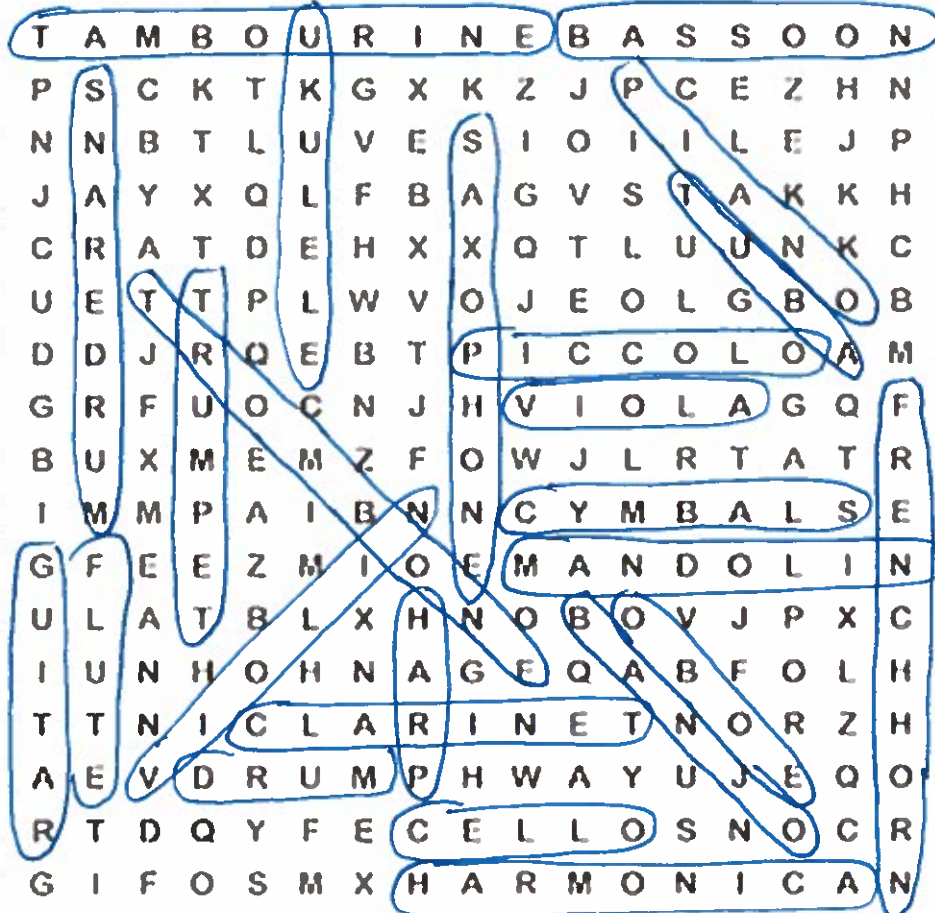
clef

articulation

# KEY

## Musical Instruments

### Word Search Puzzle



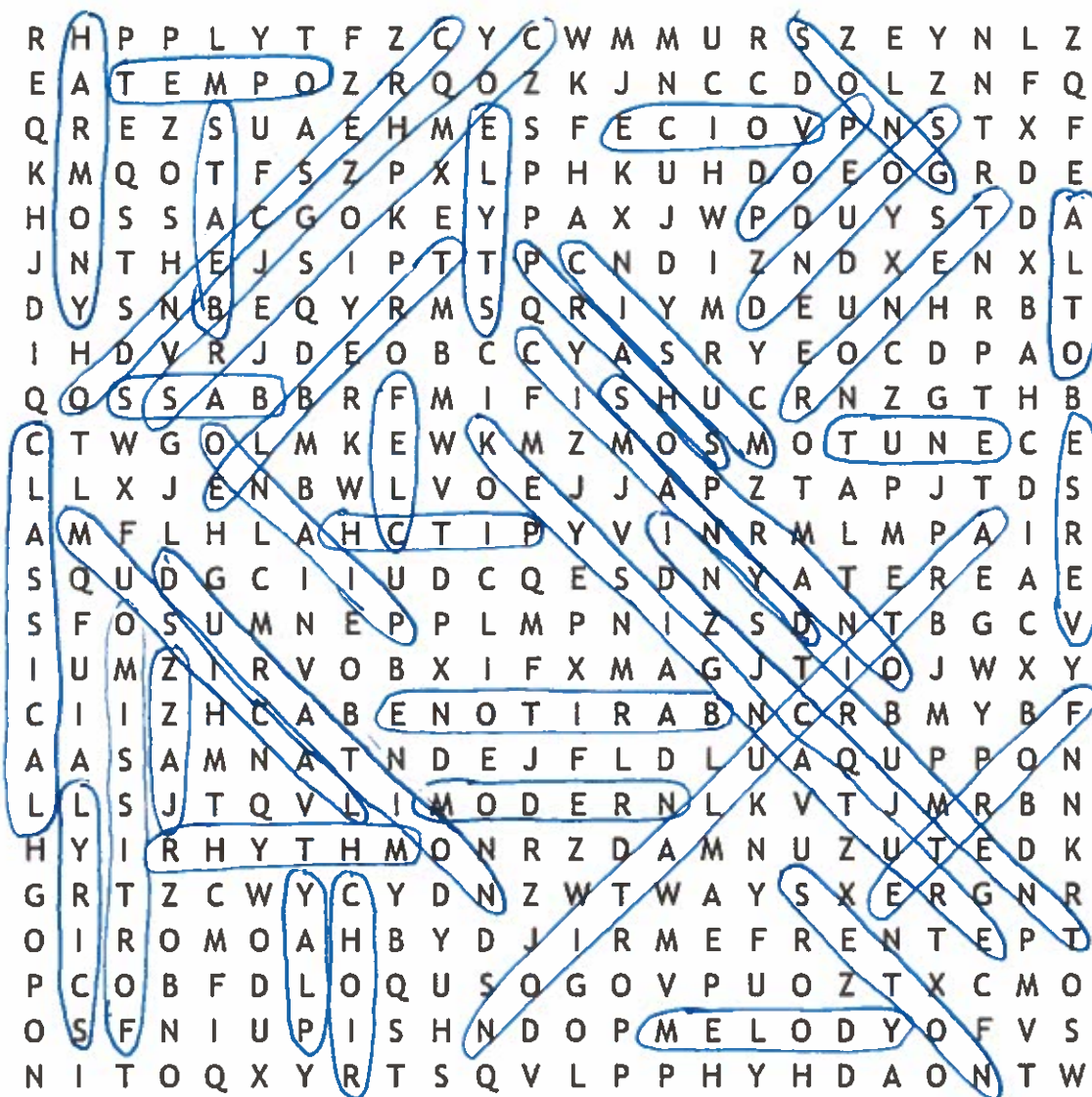
- |               |             |              |
|---------------|-------------|--------------|
| ✓ BANJO       | ✓ GUITAR    | ✓ SNARE DRUM |
| ✓ BASSOON     | ✓ HARMONICA | ✓ TAMBOURINE |
| ✓ CELLO       | ✓ HARP      | ✓ TROMBONE   |
| ✓ CLARINET    | ✓ MANDOLIN  | ✓ TRUMPET    |
| ✓ CYMBALS     | ✓ OBOE      | ✓ TUBA       |
| ✓ DRUM        | ✓ PIANO     | ✓ UKULELE    |
| ✓ FLUTE       | ✓ PICCOLO   | ✓ VIOLA      |
| ✓ FRENCH HORN | ✓ SAXOPHONE | ✓ VIOLIN     |



KEY

Date: \_\_\_\_\_

# Musical Terms



- |              |            |             |                 |
|--------------|------------|-------------|-----------------|
| ✓ instrument | ✓ song     | ✓ tenor     | ✓ alto          |
| ✓ music      | ✓ piano    | ✓ treble    | ✓ key signature |
| ✓ tune       | ✓ style    | ✓ musical   | ✓ sound         |
| ✓ play       | ✓ lyrics   | ✓ composers | ✓ baritone      |
| ✓ soprano    | ✓ modern   | ✓ verse     | ✓ classical     |
| ✓ pop        | ✓ jazz     | ✓ voice     | ✓ choir         |
| ✓ melody     | ✓ rhythm   | ✓ harmony   | ✓ fortissimo    |
| ✓ crescendo  | ✓ notes    | ✓ beats     | ✓ bass          |
| ✓ forte      | ✓ dynamic  | ✓ sharp     | ✓ pitch         |
| ✓ tempo      | ✓ duration | ✓ clef      | ✓ articulation  |



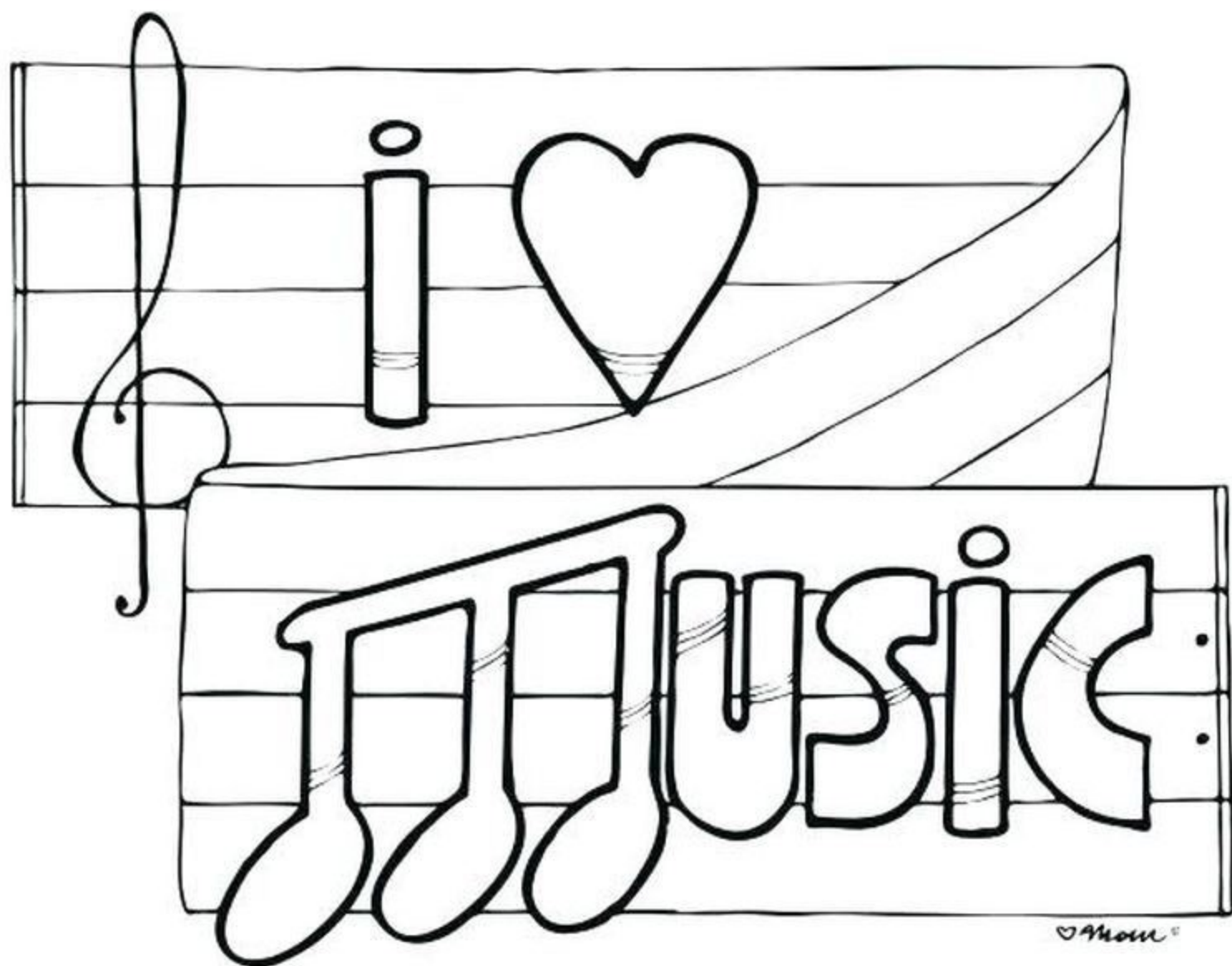


iHeartCraftyThings.com





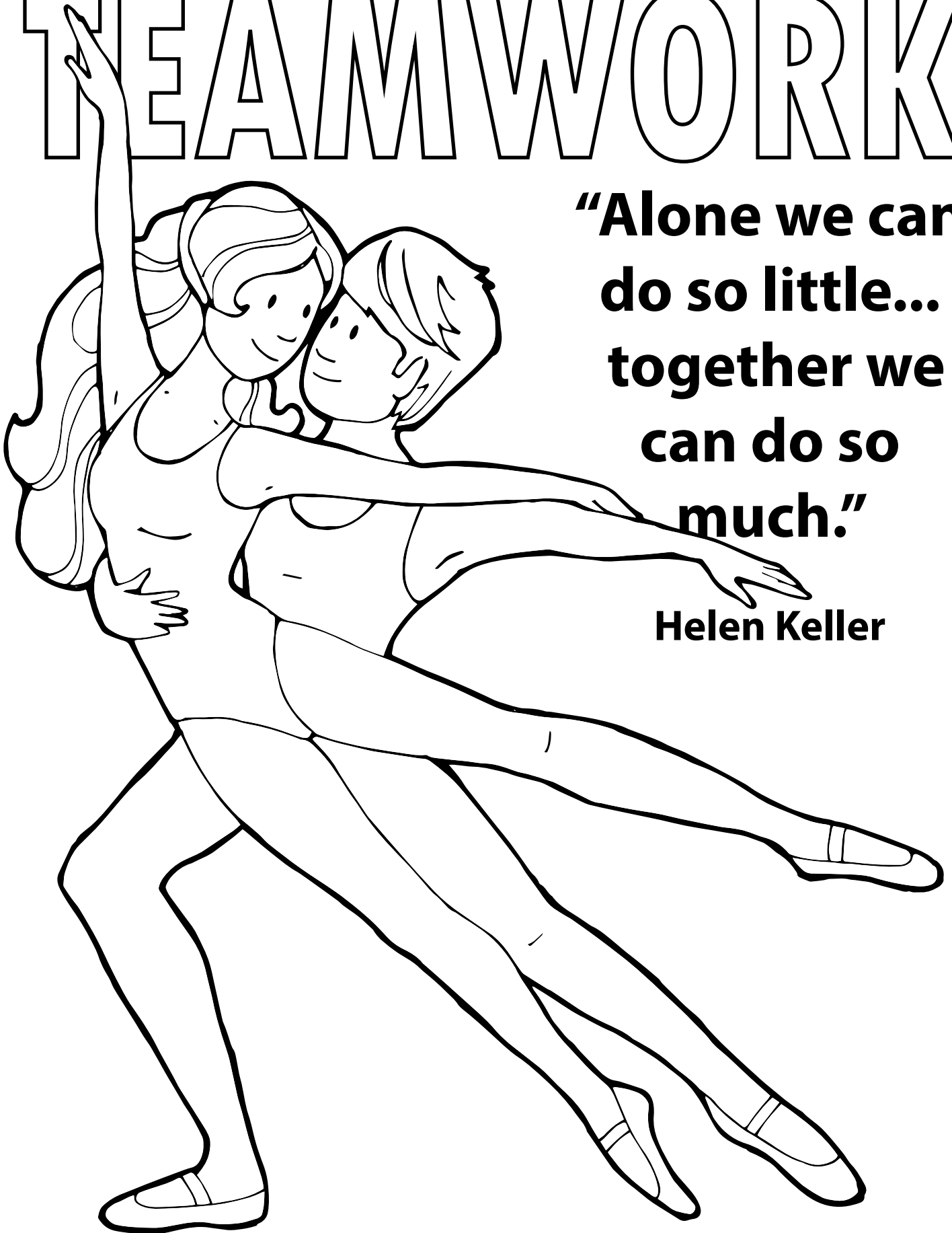




# TEAMWORK

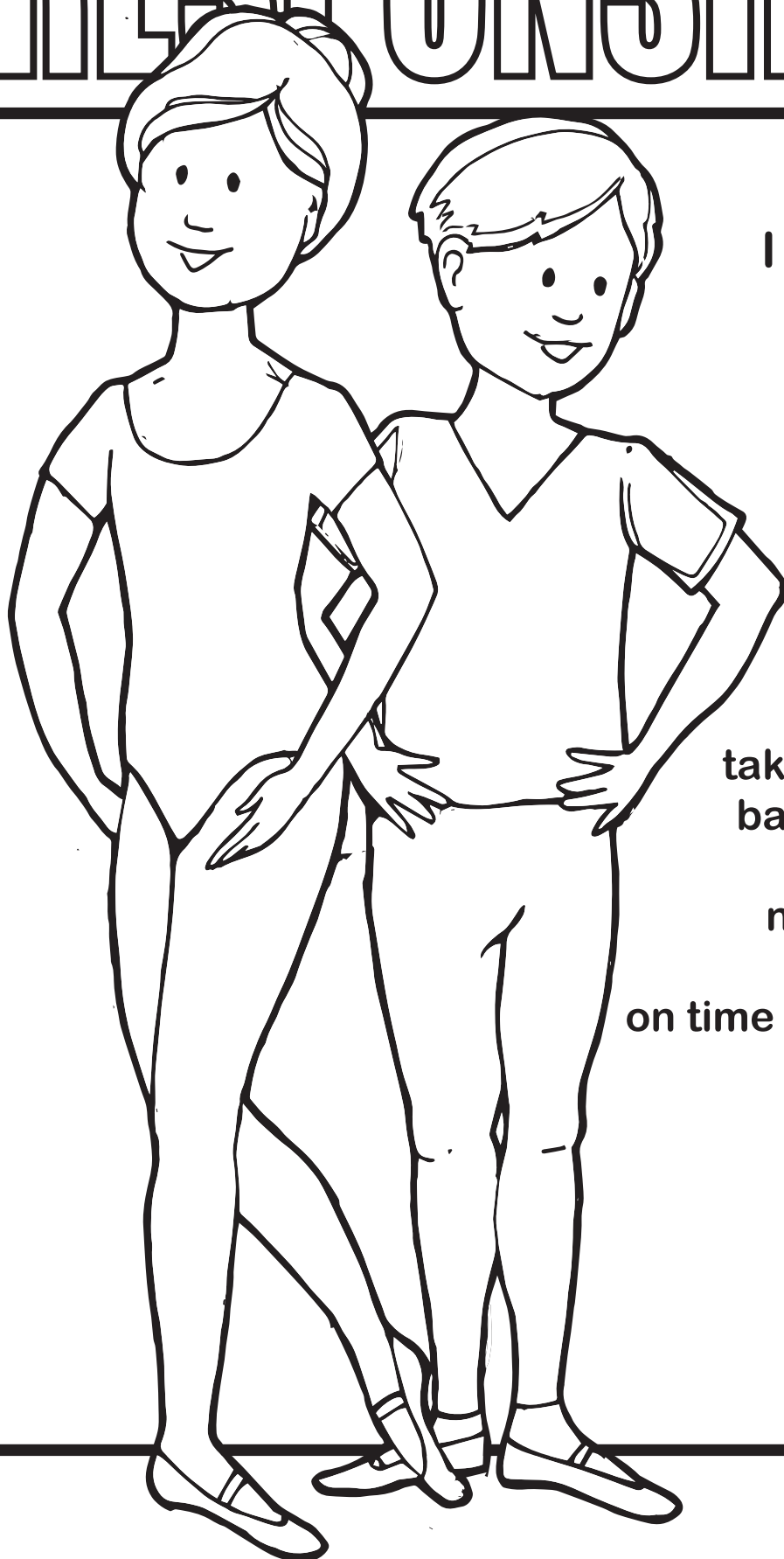
**"Alone we can  
do so little...  
together we  
can do so  
much."**

**Helen Keller**



# RESPONSIBILITY

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I show responsibility  
when I come to  
class prepared.

in uniform ☆

with dance shoes ☆

long hair tied up ☆

take care of water and  
bathroom before class ☆

no gum or other food ☆

on time and ready to dance! ☆



# KNOWLEDGE



**“Knowledge is power.”**

**Francis Bacon**

IN  
THE  
G  
R  
I  
T  
Y



**"Keep true. Never be ashamed of  
doing right. Decide on what you  
think is right and stick to it."**

**George Eliot**



**“No act of  
kindness, no  
matter how small,  
is ever wasted.”**

**Aesop**



**COMPASSION**

# GOAL SETTING



**"Create the  
highest, grandest  
vision possible  
for your life.  
Because you  
become what you  
believe."**

**Oprah Winfrey**

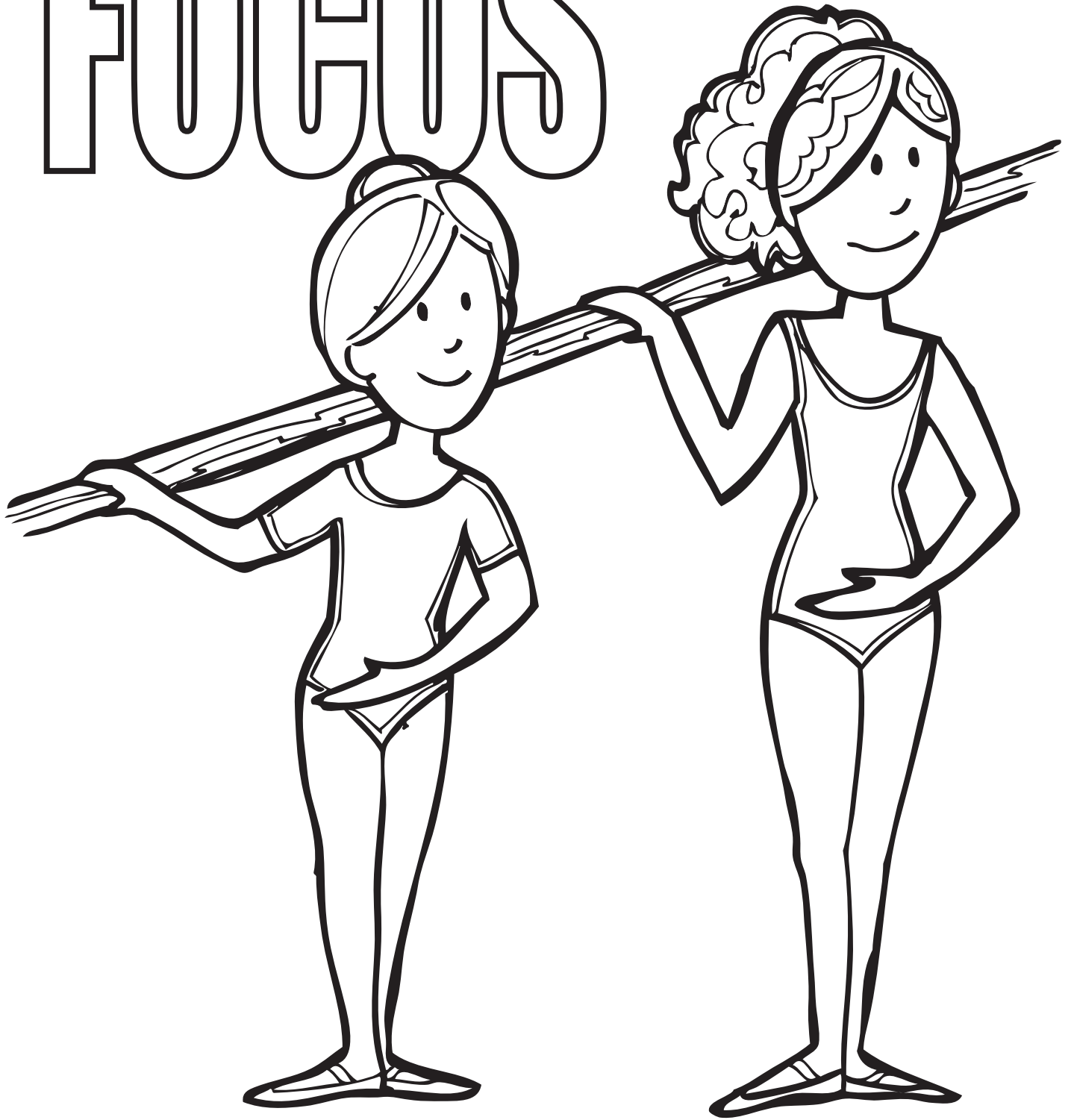
# LOYALTY



**"Your truest friends are the ones who will stand by you in your darkest moments--because they're willing to brave the shadows with you...and in your greatest moments, because they're not afraid to let you shine."**

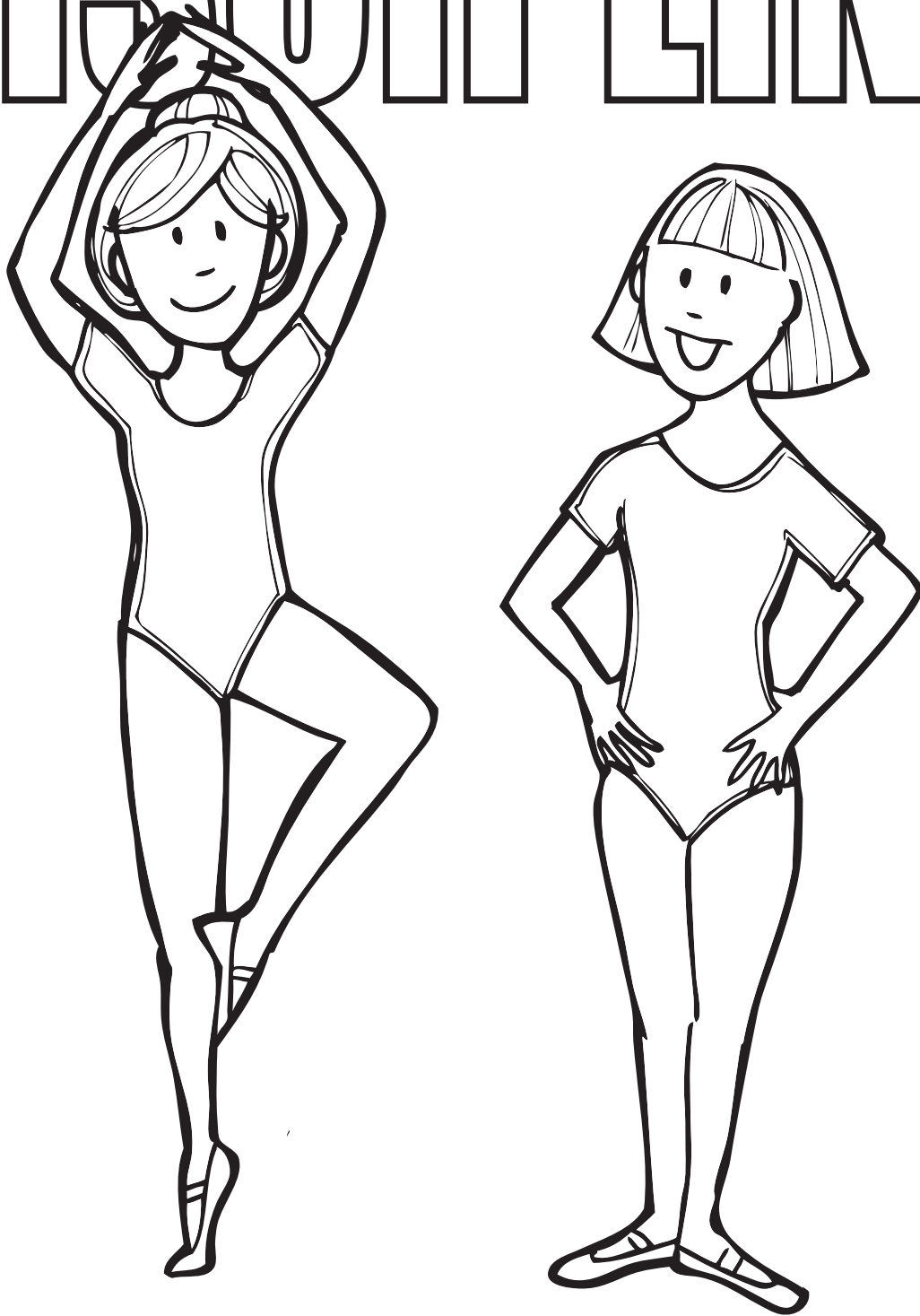
**Nicole Yatsonsky**

# FOCUS



**“I focus my eyes. I focus my ears.  
I focus my body. I focus my mind”**

# DISCIPLINE



**“You’ve been so disciplined in class and I can see it’s working...you’ve really improved your balance”**

# Community Service



**“As you grow older you will discover you have two hands -  
one for helping yourself, the other for helping others.”**

**Audrey Hepburn**