

Our Own Council's Try-It

SISTERS HAND IN HAND - FOCUS ON ABILITIES



For whom:	Brownie Girl Scouts
Timing:	May be earned once and completed in the time required by the girls.
Purpose:	To help girls understand the abilities of the disabled.
Recognition:	Try-It will be given to participants attending the “Sisters Hand In Hand - Focus on Abilities” event.
Placement:	May be worn on the badge sash/vest along with other official badges.
Requirements:	Do at least four (4) of the six (6) activities listed.

1. Do an adaptive relay:
 - a. First run the relay without any “Disability”.
 - b. Simulate a visual disability by putting Vaseline on glasses then run the relay.
 - c. Simulate asthma by running the relay while breathing only through a straw.
2. Hearing and Speech Impaired:
 - a. Listen to a story being read with cotton in your ears.
 - b. Say the Girl Scout Promise with marshmallows in your mouth.
 - c. Feel the vibration of music through a balloon held up to a speaker.
3. Physical Challenges:
 - a. Do an obstacle course blindfolded with a partner to guide you.
 - b. Try getting around with a wheelchair, crutches, walker, etc.
4. Fine Motor Skills:
 - a. With thumb and fingers taped together, try opening a box drink and pudding cup to eat.
 - b. Tie your shoe with only one hand.
 - c. Color a picture with your non-dominant hand.
5. Learning Disabilities:
 - a. Read a book upside down.
 - b. Have someone give you directions to make a peanut butter and jelly sandwich; follow the directions to the T.
6. Careers and Living with Disabilities:
 - a. Talk to someone who has a disability. Find out how the person’s life is different. What challenges do they face? How do they handle these challenges?
 - b. Talk to someone who works with disabled people. Find out what they do to help them. What do they get from working with disabled people?