

All In the Family



Your family is made up of the people you live with, learn from, have fun with, help, and love. And they help and love you, too.

1. Where Are You From?

Find out about your family background. Did your family come from another state? Did either of your parents, your grandparents, or your great-grandparents come from another country? Look at a map or globe and find that country.

Are any of your ancestors American Indian? Which Indian nation? What area did it cover?

Share a family story, tradition, dance, or a type of food with others in your Girl Scout troop.

2. Say Cheese

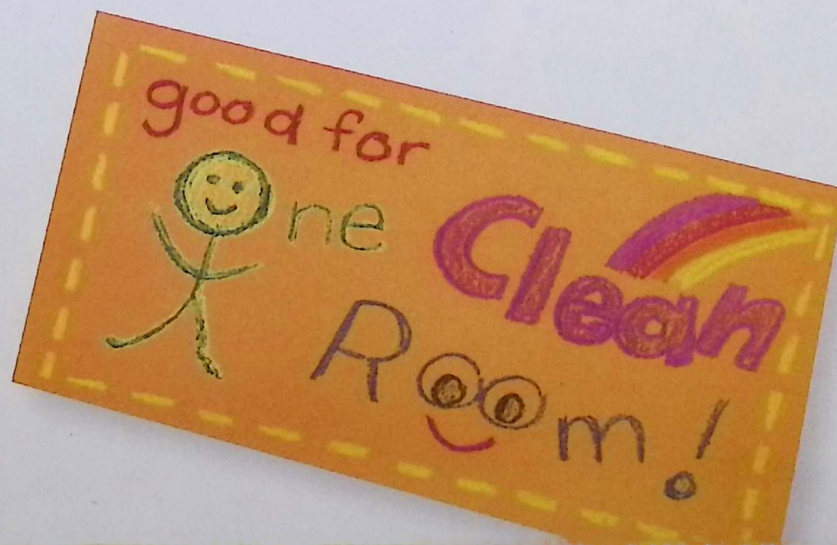
Take a photograph of your family or make a family picture. The picture can:

- Show people in your family.
- Express a feeling.
- Show a family event.

Have a "Family Night" art show with your Girl Scout troop or group. Invite everyone's family to the exhibit!

3. Coupon Collection

Make a "gift coupon" for everyone in your family. For example, make one for your mom or dad that says, "I'll clear the dinner dishes for one week" or "I'll clean my room without being asked." Then distribute the coupons and be sure to carry out what you wrote.



4. Birthday Countdown

You can make a birthday poster as a gift for a family member's birthday.

You will need:

- Poster paper or cardboard.
- Pencil.
- Glue.
- Scissors.
- Long pieces of thick yarn.
- Old magazine pictures of things the birthday person likes.

1. Using glue, write the age that the person will be on paper or cardboard.
2. Place the yarn on top of the glue.
3. Cut out pictures of things that the birthday person likes.
4. Glue the pictures around the number.

5. Family Fitness

Help your family become more fit. Do any of the following activities. The more you do, the healthier everyone will be.

- Help plan and make a healthy meal for your family.
- See who in your family can jump the highest. The farthest. The fastest. Keep a stretch the longest.
- Go on a family fun run! Walk, skip, dance, or run one quarter of a mile with someone in your family.

6. Make a Family Time Capsule

Time capsules capture a point in time.

People can look at a time capsule to see what real people were like in the past. Your time capsule will capture a picture of you and your family now, so you'll remember years from now what you were like when you were a Brownie Girl Scout.

You will need:

- A container.
- Paper.
- Pencils.
- Magazines.
- Scissors.
- Souvenirs.

1. Find photographs or illustrations in magazines that relate to some of the interests of members of your family. Before cutting out the pictures from the magazines, get permission from a parent or guardian. Label the back of each picture. For example, if your dad likes to draw, write "Dad loves to draw" on the back of a picture of colored pencils.
2. Roll up the pictures and place them in your container—this is your time capsule.
3. Decorate the outside of the time capsule. Put today's date on it.
4. Hide the container somewhere in your home. Make a record of the hiding place so you don't forget where it is. After five years, open your time capsule. You may be surprised at the memories and feelings you experience as you look at the record of your family's past.