



Brownie Ballerina Badge

Girls must complete four of the six requirements to earn this try-it.

1. Take a beginning ballet class – learn how to warm up your muscles and do some simple movements.
2. Find out about dancewear – tights, leotards, character skirts, legwarmers, etc. What is the difference between soft-shoes and pointe shoes and why do dancers need each kind?
3. Learn the five placement positions for your feet in ballet.
4. Learn how dancers come to “attention” (bras bas), and how to hold your hands gracefully when doing ballet.
5. Many ballet terms are French. Learn what to do when someone asks you *to plié, relevé, tendu, and cambér.*
6. Talk with someone who has taken ballet for a while. What does she enjoy about it? Have her demonstrate some things she has learned. Maybe she can help you earn this try-it.

Badge available for purchase through the Nashville Girl Scout Shop.