



Complete required activity and one dance activity, then

Girl Scout Daisy: Do one art activity.

Girl Scout Brownie: Do two art activities.

Girl Scout Junior: Do three art activities.

Girl Scout Cadette: Do two art and one advanced activities.

Girl Scout Senior: Do three art and one advanced activities.

Girl Scout Ambassador: Do three art and two advanced activities.

*** For experienced dancers, dancer options choices are designed to keep you challenged.**

Required. Attend a full length ballet, either by a professional touring or local company.
In San Diego, some ballet companies you can call for live dance performances are:

California Ballet Company
4819 Ronson Road
San Diego, CA 92111
(858) 560-5676
www.californiaballet.org

San Diego Ballet Company
2650 Truxtun Road
in the NTC Promenade
San Diego, CA 92106
(619) 294-7378
www.sandiegoballet.org

Chula Vista Ballet
870 Jetty Lane
Eastlake, CA 91914
(619) 519-7839
www.chulavistaballet.org

San Diego City Youth Ballet
Casa del Prado, Rm 209
1650 El Prado
San Diego, CA. 92101
(619) 233-3060
www.sdcyb.org

City Ballet Company
941 Garnet Avenue
San Diego, CA 92169
(858) 272-8663
www.cityballet.org

Southern California Ballet
12285 World Trade Drive Suite K
San Diego, CA 92128
(858) 674-1006
www.scyballet.org

If it is not possible to see a live performance, watch a video of a full length professional ballet. Many wonderful companies have captured their live performances on video; in addition there is archival footage of the great classical ballet companies. Ballet videos are available from many sources including online, video rental and libraries.

Dance Activities

1. A ballet dancer must train for many years to dance professionally. Attend a ballet class or create a ballet class with your troop/group and discuss the artistic and athletic aspects of ballet training and performance.

Dancer option - Take a class in a different style of dance. Think about the differences between the two types. How can studying another style of dance add to your skills as a dancer?

2. Be able to demonstrate positions in ballet technique, using proper leg and arm placement. Demonstration videos are available online. Check your local library or bookstore for ballet technique books which include photos,

Dancer option - Work on perfecting a new technique.
3. If you are in ballet class, perform in your schools' recital or with their company in at least two pieces or as part of a ballet.

Art Activities

1. Choose music from a ballet such as Swan Lake, The Nutcracker, or Giselle. Choreograph a ballet dance to the music and perform it in front of an audience.
2. With your troop/group, create a skit based on a scene from a ballet you have seen or read about.
3. Perform the skit you created in #2 for a troop of younger girls.
4. Draw a costume for a character in a ballet you have seen or read about. Share your drawing with members of your troop/group and explain why you created this costume for this character.
5. Make a ballet costume hairpiece or headpiece, using cardboard, foil, beads and other craft materials.
6. Create an original three-dimensional set design for one scene of the skit you created in activity #2, or for one scene from a ballet you have seen or read about. Share your set design with your troop.
7. Design a poster to advertise a ballet you have seen or learned about.
8. Write and illustrate a short children's book based on a ballet you have seen or read about.

Advanced Activities

1. Pointe shoes are used by advanced ballerinas. Find out what the requirements are to go up on pointe. Find out how pointe shoes are made and what special care ballet dancers must provide for their feet. Visit a dance supply store and ask the salesperson to show you the different types of clothing and shoes that ballet dancers use, and what the special purpose of each is.

Caution: pointe shoes can cause damage to growing feet; they require specialized training and strength. Never go up on pointe without the approval of a professional ballet instructor.
2. Choose a famous ballet dancer or choreographer and read a biography of their life.
3. Listen to and compare the music used in classical ballets to that used for modern ballets. Create a dance, drawing, poem or other art work to show how they each make you feel.
4. Invite a professional, ballet instructor or an experienced amateur ballet dancer to talk to your troop/group. Ask them about the lifestyle of ballet dancers and the training required to become a professional ballet dancer.

Dancer option - Talk with a troop of younger Girl Scouts about your training and lifestyle.

Originally developed by Leila Schwanemann, Cadette Girl Scout, 1998