



## Independence



### Badge Overview

Get to know yourself and what you're capable of so you can feel confident on your own. When you've earned this badge, you'll feel more confident doing things on our own—and know how to help others be confident in you.

### Badge Components

#### 1. Get transportation smart

Earn this step by completing one of the options below:

- Option 1:** Get ready for a bike ride! With someone older, make sure your bike is ready to ride. Is the seat the right height? Do the handlebars feel comfortable? Are the brakes working? Is the chain oiled properly? Do your tires have enough air? Once everything is checked and ready to go, enjoy a ride around your neighborhood!
- Option 2:** Help take care of a car. With someone old enough to drive a car, go over all of the lights and gauges on the dashboard and learn what they mean. Look under the hood for a safety check and check the oil and windshield fluid levels. Test the brake lights and headlights to see if they are still on.

#### 2. Make your clothes look great

Learn how to wash your clothes!

- With the help of someone older, earn this step by learning how to wash and dry your clothes using your family's preferred products. Help your family by practicing on three different loads.
- Bonus:** Learn what the different symbols on your clothing tags mean by checking out this [article](#).

#### 3. Break a bad habit

Earn this step by thinking of a bad habit that you have (ex. at school, home, with our friends) and would like to work on and then follow these steps to change it:

- Ask yourself why you do your bad habit when you do it, and how you feel before, during, and after it.
- Think of the effects of your habit. How does it make you feel? Does it affect others? How would you feel if you improved this habit?
- Find something positive to replace this habit. The key is to break the old routine around the habit.
- Practice! Practice your new habit until you can't remember what it was like to do the old one.
- Reward yourself for success! Do something nice for yourself at the end of each week you've stuck with your new habit.

#### 4. Help around the house

Let's clean an area of the house! Earn this step by spending some time thinking about the different steps that you will need to do to have, for example, your room picked up and cleaned. How long do you think it will take? What fun music would you like to play to clean along to?

#### 5. Show off your independence!

- Earn this step by going above and beyond these badge requirements to show someone in your family that you've learned responsibility by doing a chore around the house without anyone asking you to.

### Materials

- Something to write with

### Florida Educational Standards

The content of all Girl Scout national proficiency Badges and Journeys have been correlated by grade level to national and state learning objectives.

**Click here** for more information on how Girl Scout Badge-work supports Florida's educational standards.



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Include her name, troop# and the name of the badge she's working on and we'll feature her.

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