Junior Playing the Past Badge – At Home and Virtual Activities

Explore what it was like to live in the past. Dream up a character and get ready to live history!

1. Decide who you are.
2. Create a costume.
3. Experience daily life.
4. Have some old-fashioned fun.
5. Become your character.

When you've earned this badge, you'll know how girls of the past lived, worked, and played. The activities below will help you complete three of the five steps for the badge!

<table>
<thead>
<tr>
<th>Activity 1 (Connects to: Step 1: Decide who you are.)</th>
<th>Create Your Own Historical Document</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity summary</td>
<td>Stain some paper to make it look old and historical. Then imagine you're a girl living in colonial times and write about your day, or write about your life today and what is going on in the world to look back on later!</td>
</tr>
</tbody>
</table>
| Supplies needed                                      | Paper  
Coffee  
Cookie sheet or pan  
Pen or Sharpie  
Hair dryer (optional) |
| Advance Prep needed                                  | Brew a pot of coffee (make sure to have help from an adult!) |
| Link to online resources                             | How to Coffee Stain Paper - [https://www.wikihow.com/Make-Coffee-Stained-Paper](https://www.wikihow.com/Make-Coffee-Stained-Paper) |
| Instructions                                         | **Find a tray big enough to fit your paper.** You can also use a baking pan, a rimmed baking sheet, a plastic tub, or even a plastic lid. The tray needs to be deep enough so that you can fill it with coffee and submerge your paper.  
**Brew a pot of strong coffee.** The stronger your coffee is, the darker your paper will turn out. How much coffee you make depends on how big your paper and tray are. You need enough coffee to fill your tray. (You can also use cold, leftover coffee) |
Pour the coffee into a tray or tub. You want it to be deep enough so that you can submerge your paper. Somewhere around ½ to 1 inch (1.27 to 2.54 centimeters) deep would be ideal.

Submerge your paper into the coffee. Set your paper into the tray and press down on it with your hands. If the coffee is hot, or if you don’t want to get your hands dirty, gently paint the paper with a paintbrush until it sinks to the bottom of the tray.

Let the paper soak for about 5 to 10 minutes. The longer you soak the paper, the darker it will become.

Lift the paper out of the coffee. Use both hands to lift the paper out of the coffee by one end. Hold the paper over the tray, and let the excess coffee drip out. Be very careful during this step; wet paper is fragile.

Dry the paper. There are two ways you can do this: baking it or with a hairdryer. Baking the paper will give you more texture and a darker color. Blow drying it will give you a smoother texture and a lighter color. Here are the two ways you can dry your paper:

- To bake your paper: set it down on a clean baking sheet, then bake it in a preheated oven at 200°F (94°C) for 5 to 10 minutes.
- To blow dry your paper: set it down on a waterproof tablecloth, then blow dry it. Flip it over onto a dry part of the tablecloth, then blow dry it some more. Blot any excess coffee with a paper towel.

You can also allow your paper to air dry, just allow for extra drying time before using.

Once the paper is dry, ask your child to think about what the day in a life of a girl in Colonial America might have been like, or what they think would be important to include on the document if someone in the future wanted to learn about what her life is like. See below for some additional ideas.

<table>
<thead>
<tr>
<th>Reflection/discussion questions for parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Give girls ideas for what to write about if they are stuck. If they choose to write about daily life in Colonial America, they can research online for inspiration, including Colonial America for Kids: <a href="https://www.ducksters.com/history/colonial_america/">https://www.ducksters.com/history/colonial_america/</a></td>
</tr>
<tr>
<td>And here are some ideas if they choose to focus on their day-to-day life, you can ask them questions like:</td>
</tr>
<tr>
<td>- What they did today, or are planning to do</td>
</tr>
<tr>
<td>- Current events in the community</td>
</tr>
<tr>
<td>- Current events in the state/country/world</td>
</tr>
<tr>
<td>- About themselves (likes/dislikes, age, what they like about school, etc.)</td>
</tr>
</tbody>
</table>
If girls are reflecting on current events, they may bring up coronavirus. Here is a link with some tips on how to productively lead this conversation: https://www.girlscouts.org/en/raising-girls/happy-and-healthy/happy/coronavirus-and-kids.html

**Activity 2 (Connects to:**
**Step 3: Experience Daily Life.)**

**Activity summary**
Learn about the First Fourth of July and the Declaration of Independence
AND/OR
Replicate Colonial Outfits

**Activity summary**
Watch this Liberty Kids video about the Declaration of Independence and learn about the significance of the document and why we celebrate the 4th of July.
If internet is not accessible, try to replicate an outfit from Colonial America with your clothes at home.

**Supplies needed**
Internet/device
Clothing

**Link to online resources**
Liberty Kids – The First Fourth of July
https://www.youtube.com/watch?v=LK3Cs8EgOQo

Colonial Women’s Clothing:
https://www.ducksters.com/history/colonial_america/womens_clothing.php

**Instructions**
View video
Search through your closets and try to dress like a colonial woman.

**Reflection/discussion questions for parents**
Some follow up questions for after the video:
- What are some interesting things you noticed?
- Who are some important figures you remember?
- What happened on July 4th? Why do we celebrate that day?

---

**Activity 3 (Connects to:**
**Step 4: Have some old-fashioned fun.)**

**Brief description/purpose of activity**
Kids during Colonial Times had to be creative and make do with what they had. Create your own craft or activity with things found around your home. Some simple games they played are Tic, Tac, Toe and Jacks.

**Supplies needed**
Whatever you can find! Some examples:
- Toilet paper/paper towel rolls
- Newspaper
- Magazines
- Yarn/string
<table>
<thead>
<tr>
<th>Paper</th>
</tr>
</thead>
<tbody>
<tr>
<td>Link to online resources</td>
</tr>
<tr>
<td>Instructions</td>
</tr>
<tr>
<td>Reflection/discussion questions for parents</td>
</tr>
</tbody>
</table>

**Additional Playing the Past Resources:**

- Liberty Kids YouTube channel: [https://www.youtube.com/channel/UC5pJi9mLly38m2e_u3sboKQ](https://www.youtube.com/channel/UC5pJi9mLly38m2e_u3sboKQ)
- Colonial America for Kids: [https://www.ducksters.com/history/colonial_america/](https://www.ducksters.com/history/colonial_america/)

Keep it girl-led! These activities have helped you finish 3 of the badge’s 5 requirements. When you’re able, finish the last 2 requirements on your own, and you’ll have earned the Junior Playing the Past badge! Find the Playing the Past badge [here](https://www.ducksters.com/history/colonial_america/).