



## Social Butterfly Badge

**Pillar:** Life Skills

When you've earned the Social Butterfly Badge you will learn and practice the social style and good manners that will make you comfortable in any situation.



Do you notice some people are better at speaking than others? Some people seem to just be able to get along with everyone and become friends with everyone they meet. Social butterflies know how to start and maintain a conversation and they seem to be at ease doing it. They present as confident and seem to naturally be an extrovert and easy going. You can learn some techniques and practice this skill to be more at ease in all types of situations.

### Juniors will follow these steps to earn their badge:

1. Hold a conversation (**Discover, Connect**)
  - a. Discuss body language and why it is important to in person interaction:
    - i. Making eye contact
    - ii. Tone
    - iii. Physical body (i.e. crossing your arms, your stance)
  - b. Check out some of these conversation starters:  
<https://www.conversationstarters.com/101.htm>
  - c. Play a game with other troop members or with your family member:  
 Each person takes turns asking a question about the other person. When someone runs out of questions, the other side wins.
2. Use table manners (**Discover, Connect**)
  - a. Learn about informal and formal place settings. Here are a few links:  
 Place settings: <https://www.marthastewart.com/276333/how-to-set-a-formal-dinner-table> or <https://www.realsimple.com/holidays-entertaining/entertaining/how-to-set-a-table>
  - b. Practice lunch or dinner settings at your house
  - c. Watch this short video about table manners:  
<https://www.youtube.com/watch?v=fdF5LAmhG2Y>
3. Be prepared for special occasions (**Connect, Take Action**)
  - a. Identify some special occasions you may be invited to or participate in
  - b. How would you dress for a funeral? A wedding? A school dance? A birthday party?
  - c. Do some role playing for each of the special occasions you came up with. Pair off or use a family member and have a conversation
4. Say Thank You (**Discover, Take Action**)
  - a. Make a list of occasions you would send a thank you card.
  - b. Make some handmade thank you cards, it can be an art piece!
  - c. Take a picture of your thank you cards and submit them to our Virtual Art Show.  
<https://gsksmo.wufoo.com/forms/p947si803lfzmb/>



5. Practice being at ease (**Connect, Take Action**)

- a. Be the host for your family’s dinner and practice conversations
- b. Arrange the place settings and teach your family about table manners

Congratulations, you have earned your badge! You can purchase now at <https://www.girlscoutshop.com/JUNIOR-SOCIAL-BUTTERFLY-BADGE>.

You can purchase your Girl Scout Virtual main patch and bars at [gsksmo.org/orderpatches](https://gsksmo.org/orderpatches).



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-  CELEBRATE

