

**Girl Scout  
Cadette Badge Project**



**A PEEK INTO THE WORLD OF MIDDLE  
EASTERN CULTURE**

**FOR GIRLS LIKE US!**

**LET'S GET STARTED! TO EARN YOUR 'JUST LIKE US' BADGE, YOU AND YOUR FRIENDS CAN CHOOSE ANY 6 OF THE ACTIVITIES FEATURED IN ANY OF THE CATEGORIES ON THESE PAGES...OR...CREATE ONE OF YOUR OWN!**

## **BEAUTY & FASHION**



*Rima Fakih was crowned Miss Michigan 2009 and Miss U.S.A 2010*

*She was born in Lebanon but now makes her home in Dearborn, Michigan*

*Rima is studied business and economics at the University of Michigan Dearborn*

*Rima is a Muslim American but also celebrates some Christian holidays with her family like Christmas*

- Some critics believe Rima was not truly representing her religious heritage because she wore a bikini bathing suit in the competition and believe that it is not appropriate. What do you think?
- What do you think is the purpose of beauty pageants? Would you enter one? Why or why not?
- Some Muslim girls wear a hijab, some don't. Plan a trip to Makkah Islamic Superstore (313) 846-3224 · 13300 Michigan Ave, Dearborn to check out some traditional fashions. Try on a hijab...how does it feel?



## SPORTS & DANCE



Soccer (called football everywhere but in America) is probably one of the world's most popular sports. Both boys and girls play in leagues both indoors and outdoors. Your school or neighborhood probably has a team too. Do you play? Girl's sports in the Middle East is growing too. Nearly 150 female athletes from 18 Muslim countries took part in the 2008 Beijing Games, a record, and 5 times the number who participated in the 1988 Olympics.

Belly dancing is a traditional form of exotic dance practiced for hundreds of years throughout the Middle East. Wearing elaborate costumes, this dance is practiced mainly by women and is characterized by smooth, flowing, complex, and sensual movements of the torso, alternated with shaking and shimmy type moves. The name 'belly dance' comes from the French "dance du ventre" which translates as "dance of the stomach."

- Organize a soccer game for younger girls in your school or neighborhood. If you aren't sure of the rules, invite a school coach or parent volunteer to referee the game.
- Attend a local girl's soccer game.
- You Tube has lots of videos where you can watch traditional Middle Eastern dance or you can search "folk dancing" on Youtube.com for any Middle Eastern country you are interested in learning about.
- Contact a local dance studio to schedule a belly dancing demonstration.
- Search "folk dancing" on Youtube.com for any country you are interested in learning about.

## **LITERATURE**

Choose a book from the Middle East Book Award list from this website:

[http://socialscience.tjc.edu/mkho/MEOC/middle\\_east\\_book\\_award.htm](http://socialscience.tjc.edu/mkho/MEOC/middle_east_book_award.htm)

- Write one book discussion question to share with your troop.
- Pick one main character in the book and write about what you have in common with them.
- Draw a scene from the book that represents the main idea or moral of the story.

## **LET'S EAT!**



Middle Eastern food is both healthy and delicious. Shish kebab is a Turkish meal of marinated meat (often lamb) and fresh vegetables grilled on a long stick called a skewer. Serve over a bed of rice and you have a great meal!

- Plan a barbeque with your friend and family or troop. Choose a menu from the following website which explores many different Arabic countries recipes <http://www.al-bab.com/arab/food.htm>
- Plan a field trip to a local Middle Eastern restaurant and order one traditional meal item.
- See if you can plan one vegetarian meal per week to serve your family.

## **FIELD TRIP**

One way to experience another culture is to attend festivals or museums dedicated to the cultural of a particular group. In Metro Detroit, we have the largest population of Arabs outside the Middle East which makes for a rich experience of dance, food and crafts from many nations.

- Plan a trip to the Annual Chaldean Festival in Southfield held in June
- Plan a trip to the Arab American National Museum in Dearborn
- Take a virtual tour of a sacred trip called a “Pilgrimage to Mecca” many Muslims make called “The Hajj” which is one of the 5 pillars of Islam.  
<http://www.beliefnet.com/religion/islam/hajj/index.html>

## **ARTS & CRAFTS**



Henna is a plant based dye used for centuries to decorate the skin. It is a safe, fashionable and temporary alternative to tattoos. The artistic designs of henna art are traditional to families and their specific cultures, but they are frequently used during times of celebration. Brides are often decorated as a symbol of fertility.

- Try it! The Makkah Islamic Superstore in Dearborn has Henna kits that are easy to apply. Choose a design and have a friend with a steady hand apply to your feet or hands.
- Arabic writing is a beautiful art form. Check out this website for free lessons in learning the Arabic letters. See if you can write your name!  
<http://www.beliefnet.com/religion/islam/hajj/index.html>
- Try other Middle Eastern arts and crafts in the book *Middle Eastern Crafts Kids Can Do!*

## **YOUR ETHNOGRAPHY**

Ethnography is a term anthropologists use to describe the study of ethnic groups. They typically perform their research using a method called “participant observation,” meaning they immerse themselves in the environment they are studying and make notes on their personal observations and interviewing of the group they are studying. You can be an anthropologist by studying your own cultural heritage.

- Spend a week observing your family’s activities of daily living and record reoccurring themes like communication styles, how they spend their time, what their diet and clothing preferences are. Ask questions like “what do you value” or “what are the important lessons of life your parents taught you.” Interview your elders and ask about their upbringing and memories of their ancestors. Write an essay about your family’s cultural heritage and include a drawing of your family tree.

## SERVICE PROJECT

As you know, America is fighting wars in both the Middle Eastern countries of Iraq and Afghanistan. Did you know many American soldiers in those wars are also Arab Americans? Unfortunately, many Americans carry prejudicial feelings about Arab Americans and their culture. One way to help combat prejudice is through education. How can you help? By learning yourself, like doing this badge project, and then sharing that knowledge with others. One meaningful way to do that is through a service project.

- Invite a speaker from the Peace Corp to talk to your troop about their volunteer experiences in an Arabic country.
- Make new friends by becoming a pen pal and correspond with girls from the Middle East. Check out <http://www.friendship-by-mail.com/pen-pals-for-kids.html> You will need your parent's permission to participate.
- Make a Peace Pole and dedicate it to your school, church or community center. Check out <http://wppspeacepals.org/activities.html> to learn about this world-wide movement!

Peace Pals is a program of The World Peace Prayer Society, which promotes the message May Peace Prevail on Earth as a simple, universal expression to unite the hearts of all people in our common desire and hope for peace on Earth.



# Get Involved!