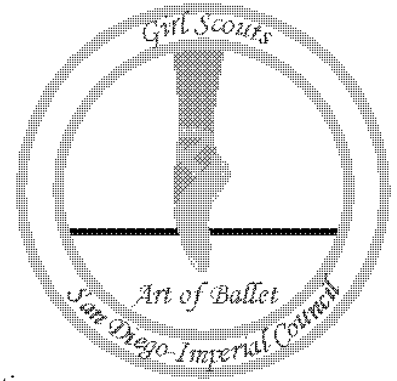


**The Art of Ballet Council Patch**  
Developed by Leila Schwanemann, Cadette Girl Scout  
as Silver Award Project, 1998



- Brownie Girl Scouts:** Complete activity #1, then do five of the other activities.
- Junior Girl Scouts:** Complete activity #1, then do six of the other activities.
- Cadette/Senior Girl Scouts:** Complete activity #1, then do eight of the other activities.

**Activity 1.** Attend a ballet or watch a video of a ballet. Ballet videos can be found at your local video store. Some ballet videos available at the San Diego Public Library are:  
Dance Theater of Harlem; Home Vision, 1989.  
The Story of the Nutcracker; The Society, 1988.

You can find live ballet performances by calling ballet companies. Ballet companies are listed in the telephone book under ADance companies.≡ In San Diego, some ballet companies you can call for live ballet performances are:

Black Mountain Dance Centre  
12285 World Trade Dr.  
San Diego, CA 92128  
(858) 674-1006

San Diego Ballet Company  
5304 Metro, Suite B  
San Diego, CA 92110  
(619) 294-7378

California Ballet Company  
8276 Ronson Rd.  
San Diego, CA 92111  
(858) 560-5676

Scripps Arts Center  
8999 Activity Road  
San Diego, CA 92126  
(858) 586-7834

City Ballet Company  
941 Garnet Ave.  
San Diego, CA 92169  
(858) 274-6058

The Ballet Conservatory  
17 Naples Street  
Chula Vista, CA 91911  
(619) 243-3604

**Activity 2.** 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.

**Activity 3.** Be able to demonstrate positions in ballet technique, using proper leg and arm placement. Two books available at the San Diego Public Library to help you learn these positions are:

*The Ballet Lover=s Pocket-Book: Technique Without Tears For The Ballet Lover* by Kay Ambrose;  
Alfred Knopf, New York, 1953.

*Ballet for Beginners* by Nancy Draper and Margaret F. Atkinson; Knopf, New York, 1951.

**Activity 4.** Invite a professional 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. Please call the resources listed on the first page to locate a speaker.

- Activity 5.** 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.
- Activity 6.** With your troop/group, create a skit based on a scene from a ballet you have seen or read about.
- Activity 7.** Perform the skit you created in #6 for a troop of younger girls.
- Activity 8.** 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. Find out how pointe shoes are made and what special care ballet dancers must provide for their feet. Create a display of the information you have learned and share it with others.
- Activity 9.** 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.
- Activity 10.** Make a ballet costume hairpiece or headpiece, using cardboard, foil, beads and other craft materials.
- Activity 11.** Create an original three-dimensional set design for one scene of the skit you created in activity #6, or for one scene from a ballet you have seen or read about. Share your set design with your troop.
- Activity 12.** Design a poster to advertise a ballet you have seen.
- Activity 13.** Write and illustrate a short children's book based on a ballet you have seen or read about.

Girl Scouts, San Diego-Imperial Council, Inc.