

Topic: Healthy Living

Badge: My Best Self

Suggested Supplies: “Elf Self” coloring sheet or blank paper, crayons or markers, Food Pyramid handout, thermometer or box of bandages, a shoebox or paper bag

Helpful websites

Elf Self Template

<https://i.pinimg.com/736x/de/f1/b9/def1b919461c4ded9e6cc5e8b6fd4493.jpg>

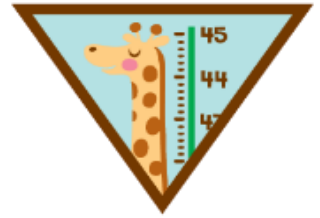
Food Pyramid/Healthy Eating:

<https://www.choosemyplate.gov/eathealthy/WhatIsMyPlate>

<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-pyramid/>

Virtual Doctor Office Visit:

<https://www.youtube.com/watch?v=gXXmVqS3tLk>



Steps:

- **Step 1: Get to know your body-** Print off the template or draw your own. Fill in the boxes about you “elf self”, or note on your paper your height, eye color, hair color, skin color, length of your arms, length of your legs, and any additional details about “me”. Then add more fun details to the chart in one of these ways.
 - o Color in your eyes, hair and favorite clothes. Share your elf self with your Brownie friends and/or family.
 - o Write on your “elf self” where you feel happy, hungry, tired, nervous, sad, angry, and thirsty.
 - o Share how you’re unique. Talk about the differences in your group’s “elf selves.”
- **Step 2: Eat and play in a healthy way-** First look over the government food pyramid. Use what you learn to add a healthy habit to your life. Get started in one of these ways.
 - o Try 3 new foods that are good for you. Talk with your Brownie friends and/or family about what they taste like and decide on a way to eat them more often.
 - o Try 3 different kinds of exercise, such as jumping rope, riding your bike, or playing soccer. Do each one for 20 minutes and choose your favorite. How could you do it 3 times a week?
 - o Take a thirsty challenge. Try not to drink sweetened juice or soda for one week. These drinks have added sugar that makes you feel full of energy and then really tired. Instead drink water, low-fat milk, or fun fizzy seltzer. Can you keep making healthy choices?
- **Step 3: Find out how your body works-** Learn to spot clues that tell you when you need to take especially good care of yourself. Choose one.
 - o Talk about 3 common reasons your tummy might hurt. What parts of it can act up and why? When you ask for help, it’s good to have an idea of what might be wrong.
 - o Learn about healthy temperature. When your temperature changes from a normal 98.6 degrees, it can mean you’re sick. Team up with an adult to take

your temperature and learn two reasons why your temperature would be high and two reasons why it would be low.

- Find out about bandages. Look at five different sizes, shapes, and colors of bandages. Why are they different? What would you cover with each one? Then learn and share one fact about how your body makes its own bandages.
- **Step 4: Know what to do if something bugs you-** Sometimes you get a stomachache because you're nervous or have a hard time sleeping when you're angry or feel shy when you're sad. Luckily there are things you can do to feel happy if something is bugging you! Choose one.
 - Create a "happy box" with five things that make you smile. The next time you feel worried or upset, get out your box and smile.
 - Each day for one week, draw your "feeling faces." Do this in the morning, after school, and before you go to bed. Which time of day is your happiest? Why? Talk with your family about how to make more times happy.
 - Moving helps our bodies feel happier. When something bugs you during the next two weeks, try a fun movement- like skipping, hula hooping, or jumping jacks- for five minutes. Talk with a friend and/or family member about which ones make you feel best. Keep notes so you can use them later!
- **Step 5: Meet a health helper-** Sometimes you need someone else to stay healthy! Choose one option to find out who can help you in your community.
 - Visit a doctor, dentist, or optometrist. Go to their office or invite them to speak to you. Ask what they do during an exam and how they help you stay healthy.
 - Visit with a school nurse or counselor. Find out what they do for students. What are some reasons students might need help?
 - Meet someone who works in an ambulance. Find out what happens if someone has to go to the hospital in an ambulance. You might team up with an adult to see if an ambulance can come to your meeting.

***Once completed, this badge can be purchased at the GSUSA Girl Scout shop for \$3.00 plus shipping. This Brownie badge can be found in the Brownie badge section under the Health category or visit the direct link at: <https://www.girlscoutshop.com/BROWNIE-MY-BEST-SELF-BADGE>**