



**Topic: Healthy Living**

**Badge: Respect Myself and Others (Gloria)**

Suggested Supplies: paper, pens, crayons or markers

**Activity 1:** Watch Gloria's story [click here](#)

- Tell a family member what the flowers did in the story to take care of their bodies

**Activity 2:** Talk about how you practice Healthy Living Habits

- Talk with a family member or friend (on the phone) how you take care of yourself every day

**Activity 3:** Act it Out

- Pretend to brush your teeth and wash your hands
- Show a family member how well you do it!

**Activity 4:** Make yourself a schedule

- Draw a picture showing all the steps you do when you get ready for bed.
- Hang your picture in your bedroom to remind yourself to take care of your body each day

**Be sure and tell your troop leader that you completed this Petal!**

**Please take a moment to complete this [survey](#).**