

BROWNIE MY BEST SELF BADGE - MEETING 2

Badge Purpose: When girls have earned this badge, they'll know how to keep themselves healthy and happy.

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Girls recite the Girl Scout Promise + Law and sing the Brownie Smile song. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster <input type="checkbox"/> (Optional) Brownie Smile song lyrics poster
15 minutes	Symptom Charades <ul style="list-style-type: none"> Girls will play charades based on common ailments. 	<input type="checkbox"/> Symptom Charade cards
25 minutes	Happiness from A to Z <ul style="list-style-type: none"> Girls will make mini books that will help cheer them up on hard days. 	<input type="checkbox"/> Index cards (27 cards per girl) <input type="checkbox"/> Ribbon or string <input type="checkbox"/> Hole Punch <input type="checkbox"/> Coloring utensils
10 minutes	Snack Chat <ul style="list-style-type: none"> Girls will eat snack and have a topic discussion. 	<input type="checkbox"/> Healthy snack
15 minutes	Doctor Match-up <ul style="list-style-type: none"> Girls will learn about different doctors and what their specialties are. 	<input type="checkbox"/> Doctor Match-up worksheet (one per girl) <input type="checkbox"/> Writing utensils
10 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends song lyrics poster

Getting Started

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster and (optional) Brownie Smile song lyrics poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law, and sing the Brownie Smile song.

Activity #1: Symptom Charades

Time: 15 minutes

Award Connection: Step 3 — Find out how your body works

Materials Needed: Symptom Charade cards

Prep Needed:

- Print and cut out Symptom Charade cards.

- Ask for a volunteer. The first girl picks a card and acts out the word on the card without saying anything out loud. The other girls should try to guess what the first girl is trying to show.
- Once girls have correctly identified the symptom, lead girls in a discussion about:
 - What do doctors or parents do to investigate when a child is experiencing that particular symptom?
 - What types of sickness that symptom might indicate, if applicable.



- What types of remedies a doctor or parent would use to help the child feel better.
 - For example, for a sore throat, doctors or parents might look for redness in the child's throat or do a throat swab to test for strep throat. A sore throat might indicate strep throat or just a common cold. Remedies might include medicine, drinking lots of liquids, or warm soup or cold popsicles.
3. Have other girls take turns picking a card and acting out the symptom. Lead a similar discussion for each card. Make sure each girl gets to act out a symptom.

Activity #2: Happiness from A to Z

Time: 25 minutes

Award Connection: Step 4 — Know what to do if something bugs you

Materials Needed: Index cards (27 per girl); ribbon or string; hole punch; coloring utensils

Prep Needed:

- Punch a hole in the corner of the index cards for girls to bind together with ribbon to form a book.
1. Discuss with girls that everyone has times when they feel sad, shy or nervous. Talk about how sometimes when you're feeling those emotions, it helps to think of things that make you feel happy or things you enjoy. Tell girls they're going to make a book to help remind them of things that make them happy.
 2. Pass out 27 index cards to each girl.
 3. Tell girls to make a title page first. A sample title might be "Happiness from A to Z."
 4. On each subsequent page, girls should write or draw something or someone that makes them happy that starts with each letter of the alphabet. Encourage girls to be creative, identifying their favorite things, people in their lives, activities they enjoy, musicians or authors, and descriptive words.
 5. When girls are finished creating pages, help the girls string the ribbon through the holes to tie the cards together to form a book.

Activity #3: Snack Chat

Time: 10 minutes

Badge Connection: Step 4 — Know what to do if something bugs you

Materials Needed: Healthy snack

1. While enjoying snack, here are some things for girls to talk about:
 - Think back about what you did in the past 24 hours. When did you feel happiest? Saddest?
 - What did you do in the last week that made you happy?
 - When you had a sad or nervous time in the past week, what did you do to cheer up?
 - What types of things do the people in your life tell you or encourage you to do when you feel sad or nervous?
 - What do you tell your family and friends to do when they feel sad or nervous?

Activity #4: Doctor Match-up

Time: 15 minutes

Award Connection: Step 5 — Meet a Health Helper

Materials Needed: Doctor Match-Up worksheets; writing utensils

Prep Needed:

- Print out the Doctor Match-Up worksheets (one for each girl).
1. Discuss with girls that sometimes people need to visit "health helpers" to stay healthy. There are many different types of doctors and different doctors care for different parts of the body or different groups of people.



2. Pass out Doctor Match-Up worksheets. Tell girls to match up the type of doctor (in the left-hand column) with the body part or group of people that type of doctor treats (in the right-hand column).
3. Have girls go through the answers out loud together.
4. Group girls into pairs and have them share with their partner about one doctor or other health helper in their life that has been helpful to them. Talk about what they liked about that doctor.

Wrapping Up

Time: 10 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

- Field Trip Ideas:
 - Visit a place identified by the girls as somewhere that make them happy.
 - Go to a doctor's office, dentist's office, or hospital.
 - Take a tour of an ambulance.
- Speaker Ideas:
 - Ask a health helper, such as a doctor or nurse, to speak with the group.
 - Talk with a student in medical school.
 - Ask a counselor or mental health professional to talk about encouraging positive feelings and coping with more negative feelings.



Symptom Charade Cards

sore throat

broken arm

fever

headache

upset stomach

cut

ear pain

head lice

cough

broken leg

sliver

itchy rash



Doctor Match-Ups

Optometrist	Teeth
Dentist	Feet
Cardiologist	Performs surgery
Dermatologist	Ear, nose, and throat
Pediatrician	Eyes
Neurologist	Skin
Podiatrist	Heart
Surgeon	Children
Anesthesiologist	Brain
Otolaryngologist	Medicine to sleep during surgery

