

My Best Self Badge Activity Plan 1

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

Planning Guides Link: Healthy Living and Creativity

Fun Patch Link: Body Awareness

Activity Plan Length: 1.5 hours

Involve Family and Friends: Participation from family and friends can enrich your troop's Girl Scout experience, both for the girls and for you. Use the suggestions below to make it easier for you to connect with additional support.

- Before the meeting:
 - Send a note to families to find those with interest in or expertise with the topic. Ask them to lead or support an activity or two, or even lead the whole meeting.
 - Offer this activity plan as a starting place and point out that they may choose alternative activities using the *Customize It!* section as a guide. For example: If an activity plan directs girls to sit outside and observe animal habitats, you may choose to go to the zoo and learn about animal habitats there instead.
- At home:
 - Encourage families to ask questions about their girls' badge activities. Some examples that work for any badge include: What did you learn? What surprised you? What does it make you think of trying next?
- Throughout the year:
 - Suggest to families ways that girls can share or display their Girl Scout accomplishments. Possibilities include a bulletin board, a scrapbook, a special memories box or family sharing time.

Girls Take the Lead: Include girl leadership through long-term planning, short-term meeting prep and specific activities at meetings.

- Long Term Planning
 - If you use "Plan Your Brownie Year", share this with the girls at the start of the year. Have them ask friends and family to help out with specific meetings or activities. Let the girls brainstorm ways to make the plans their own, such as thinking of related field trip activities. If a girl has experience with a field trip, ask her to be assistant tour guide.
 - If you are adapting the "Plan Your Brownie Year", get the girls' input on which badges to choose. Offer just a few choices in each category or timeframe to make decisions easier. Every girl should have at least one badge or journey she's excited about.
- Short Term Planning
 - Ask a family to help lead a badge. Make sure they have access to activity plans and any resources you might have. Keep additional requested materials to a minimum.
 - Choose two helpers to stay after a meeting for 15 minutes. Give them each an activity to introduce and either instruct or help guide at the next meeting.
 - Before a meeting, ask everyone to vote on some aspect of the activity: draw posters or perform skits, open with a song or game, etc.

- Use a rotating list of helper tasks, called a 'kaper chart', to share responsibilities. Examples include acting as emcee of the meeting, leading an opening game, bringing a snack next meeting or taking attendance.
- At the Meeting
 - During the opening, have 1-2 girls share their answers to a get-to-know-you question.
 - Have girls fulfill their kaper chart responsibilities.
 - Try to find something in each activity that you can let girls decide or manage.

Customize It: If your group wants to expand work on this badge or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the *Brownie Girl's Guide to Girl Scouting*, completing two of these activity plans, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They get to know their bodies and how they work
- They know how to eat and play in a healthy way
- They can name one thing to do when something troubles them or they don't feel well
- They meet or learn about a health helper, such a doctor, nurse, dentist or counselor

Tips and Tools

- Check out ways to stay safe using Safety-Wise at <http://gsrv.gs/safetywise>.
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made. If you have questions regarding specific adaptations, please contact River Valleys at 800-845-0787.

Resources

- Allina Health's Health Powered Kids program provides additional lesson plans that go along well with this badge, including "It's All in the Breathing", "Move It! The Importance of Daily Exercise", "Your Happy Heart" and "Super Sleep".

To use these plans:

- Visit healthpoweredkids.org
- Log in using:
 - Username: gsrv
 - Password: allinahealth
- Find lessons for this badge on the Girl Scouts page.
- This activity plan has been adapted from the Brownie Skill-Building Badge set for the *It's Your World—Change It!* My Best Self Badge, which can be used for additional information and activities.
- For additional information about helping kids to be healthy, use the resources below.
 - United States Department of Agriculture: <http://www.choosemyplate.gov>
 - KidsHealth: kidshealth.org
 - *The Monster Health Book: A Guide to Eating Healthy, Being Active and Feeling Great for Monsters and Kids!* by Edward Miller

Getting Started

Time Allotment: 15 minutes

Materials Needed:

- Optional: Girl Scout Promise and Law printed out on poster board

Steps:

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.

Girl Scout Promise	Girl Scout Law
<i>On my honor, I will try:</i> To serve God and my country, To help people at all times, And to live by the Girl Scout Law.	<i>I will do my best to be</i> honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, <i>and to</i> respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.

3. Sing the Brownie Smile Song. Use repeat-after-me or sing as a group if girls know it by heart.

The Brownie Smile Song
I've got something in my pocket It belongs across my face I keep it very close at hand In a most convenient place I'm sure you wouldn't guess it If you guessed a long, long while So I'll take it out and put it on It's a great big Brownie Smile!

Activity #1: Look At Me!

Badge Connection: Step 1—Get to know your body

Time Allotment: 15 minutes

Materials Needed:

- Construction paper
- Coloring utensils

Steps:

1. Have each girl draw a picture of herself. She can draw her eyes and hair color and even her favorite outfit.
2. Share the pictures with the group. As girls show their drawings, have them share one thing that makes them special.

Activity #2: My Plate

Badge Connection: Step 2—Eat and play in a healthy way

Time Allotment: 15 minutes

Prep Needed:

- Make copies of the MyPlate worksheet
- Optional: Find a website or book on nutrition (see the Resources section above for ideas).

Materials Needed:

- MyPlate worksheet
- Optional: Computer with internet access or a book on nutrition

Steps:

1. Optional: The US Department of Agriculture recently updated the food pyramid to MyPlate. Research the MyPlate food guide online or read about healthy nutrition in a book.
2. Discuss what food groups make up MyPlate. Brainstorm foods in each food group.
3. Write down foods for each group on the MyPlate worksheet.

Activity #3: What's For Dinner?

Badge Connection: Step 2—Eat and play in a healthy way

Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Construction paper
- Scissors
- Glue
- Magazines
- Coloring utensils

Steps:

1. Have the girls plan a healthy meal for their family using what they have learned. They can cut pictures of food from magazines or draw their own to create their own healthy meal.
2. Each girl can create a MyPlate for her family.

Activity #4: Snack Chat

Badge Connection: Questions link to multiple badge steps

Time Allotment: 15 minutes

Steps:

1. While enjoying a healthy snack, here are some things for girls to talk about:
 - What are your favorite healthy foods to eat?
 - What can you do when you are scared to try a new food?
 - What is your favorite sport to play?
 - Name something that makes you unique.

Wrapping Up

Time Allotment: 15 minutes

Materials Needed:

- Optional: Make New Friends printed on poster board

Steps:

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Sing "Make New Friends."

Make New Friends		
Verse One	Verse Two	Verse Three
Make new friends, but keep the old. One is silver, the other is gold.	A circle is round, it has no end. That's how long, I will be your friend.	You have one hand, I have the other. Put them together, We have each other.

3. After the song, ask everyone to be quiet.
4. Assign one girl to start the friendship squeeze by gently squeezing her neighbor's hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the girl who started, she says "Goodbye Sister Girl Scouts" and the girls unwrap and face outward instead of inward.
5. Optional: Have girls make a wish after their hand has been squeezed and before they pass the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

More to Explore

- Field Trip Ideas:
 - Go to an art museum and look at self-portraits by other artists.
 - Visit a local health food store or co-op.
 - Go to a local cooking school.
- Speaker Ideas:
 - Invite a chef, cook, farmer or gardener to your meeting

Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email troopsupport@girlscoutsrv.org.

Family Follow-Up Email

Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning about our bodies and healthy meals and are on our way to earning the My Best Self Badge.

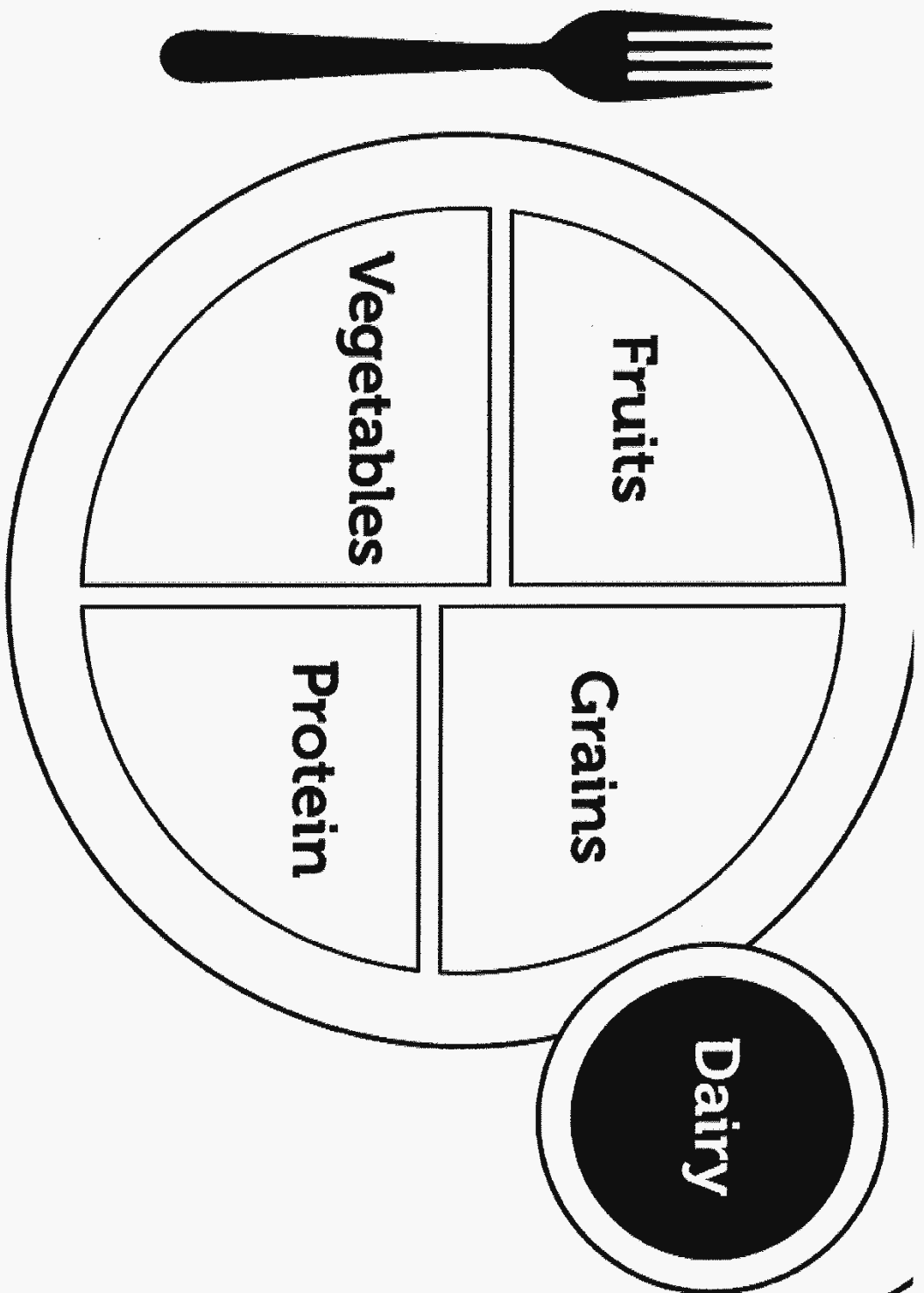
We had fun:

- Drawing pictures of ourselves
- Learning about MyPlate and healthy meals
- Creating a healthy meal for our families to make at home

Continue the fun at home:

- Ask your Girl Scout about the new MyPlate food guide.
- Plan and cook a healthy meal together.
- Look through the *Girl's Guide to Girl Scouting* with your Brownie to find other activities you can try at home.

Thank you for bringing your Brownie to Girl Scouts!



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