

## JUNIOR STAYING FIT BADGE - MEETING 2

**Badge Purpose:** When girls have earned this badge, they'll know ways to be active and make healthy choices.

**Activity Plan Length:** 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> <li>Girls recite the Girl Scout Promise + Law</li> </ul>	<ul style="list-style-type: none"> <li>(Optional) Girl Scout Promise and Law poster</li> </ul>
15 minutes	Musical Hoops <ul style="list-style-type: none"> <li>Girls play an exercise game</li> </ul>	<ul style="list-style-type: none"> <li>Eight hula hoops</li> <li>Music player</li> <li>Fitness cards</li> </ul>
15 minutes	Snack Scavenger Hunt <ul style="list-style-type: none"> <li>Girls learn about healthy food that will help fuel their bodies</li> </ul>	<ul style="list-style-type: none"> <li>Eight various snack items (a mix of healthy and less healthy snacks)</li> <li>Healthy snack (in addition to the various snack items above)</li> </ul>
15 minutes	Fitness Uno! <ul style="list-style-type: none"> <li>Girls learn a fitness game to teach their families at home</li> </ul>	<ul style="list-style-type: none"> <li>Uno card game</li> <li>Uno Fitness commands</li> <li>Large chart paper and marker</li> </ul>
20 minutes	Junior Journaling <ul style="list-style-type: none"> <li>Girls practice stress management techniques</li> </ul>	<ul style="list-style-type: none"> <li>Paper or notebooks</li> <li>Writing utensils</li> </ul>
15 minutes	Wrapping Up	<ul style="list-style-type: none"> <li>(Optional) Make New Friends lyrics poster</li> </ul>

### Getting Started

Time: 15 minutes

Materials Needed: Girl Scout Promise and Law poster (optional)

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.



## Activity #1: Musical Hoops

Time: 15 minutes

Badge Connection: Step 1 – Start moving!

Materials Needed: Eight hula hoops, music player, fitness cards (one set for each girl)

Prep Needed:

- Before the meeting, instruct girls and parents that girls should wear comfortable clothes and shoes in which they can exercise.
  - Print and cut out fitness cards.
  - Review and practice the exercises.
  - Clear an area in your meeting space for exercising, and scatter 8 hula hoops across the floor.
  - Place one fitness card in each hoop.
1. Scatter hoops around the space and place one “fitness command card” inside each hoop. Before starting the game, demonstrate how to do all the different “fitness commands” on the cards for the girls, so they know how to do them later in the game.
  2. Instruct the girls that when you start the music, they must move and dance freely around the room from hoop to hoop until you press stop (and yell “STOP!”).
  3. When the music stops, the girls must quickly run to a hoop and complete the exercise written on the fitness card inside that hoop. They must perform that exercise as many times as they are old (i.e. 10 years old = 10 repetitions or ‘reps’ of that exercise)
  4. When they perform that exercise, they should collect the fitness card that is inside the hoop.
  5. The game re-starts again when you re-start the music, and continues as the girls move to new hoops. The girls must perform exercises in all 8 hoops and at the end will have one fitness card from each hula hoop.

## Activity #2: Snack Scavenger Hunt

Time: 15 minutes

Badge Connection: Step 2 – Keep your fit body fueled

Materials Needed: Eight various snack items, healthy snack (in addition to various snack items)

Prep Needed:

- Gather eight various snack items and hide them throughout the meeting space prior to the meeting. These should be a mix of healthy and less healthy choices. Some options: apples, bag of chips, pretzels and hummus, granola bars, candy, etc.
  - Ensure that the snack items you choose have a nutrition label located on the snack, or print off a nutrition label for those that don’t (ex. an apple). Check with girls and parents to be aware of any food allergies prior to the meeting.
1. Instruct the girls that when you say “Go!”, they will go on a snack scavenger hunt where they will need to find 8 different snack items that are hidden around the meeting space.
  2. After the girls have located all the snack items, ask the girls to divide the snack items into two categories: healthy and less healthy.
  3. Ask the girls to explain why they think each item should be in that category.
  4. Review the nutrition labels for each item with the girls and discuss/verify why each item fits into its category.
  5. Enjoy a healthy snack as a troop and talk about the following questions:
    - What are some healthy snacks you have eaten before?
    - What makes them healthy?
    - Are there any healthy snacks you would like to try?
      - Tip: Record these ideas and use them for future snacks.
    - Why is it important to be aware of what we eat?



## Activity #3: Fitness Uno

Time: 15 minutes

Badge Connection: Step 5 – Help your family stay fit

Materials Needed: Uno card game, Uno Fitness commands list, large paper chart and markers

Prep Needed:

- Write out fitness commands on large chart paper and hang up in the playing space.
1. Divide the girls into small groups (make sure each group has the same number), and place a small deck of UNO cards (make sure each deck has the same number of cards per group) with each group.
  2. Instruct the girls (in their small groups) to line up from oldest girl to youngest. That is their order of play for the game. When you say “Go!”, the girl who goes first draws one UNO card. Then, the entire group must perform the ‘fitness command’ according to the card they drew. The number on the card determines how many times they perform that exercise (repetitions or ‘reps’). The color of the card determines the type of exercise they do.
  3. After the group finishes that card, the next girl draws a card, and the game continues in the same fashion until the group finishes their entire deck.
  4. The first group to finish their entire deck wins.
  5. Challenge the girls to teach and play this game with their family members at home.

### Uno Fitness Commands:

- Red cards = push-ups
- Blue cards = sit-ups/crunches
- Yellow cards = mountain climbers
- Green cards: jumping jacks
- Skip card = skip one lap around the space
- Reverse card = jog/walk one lap backwards around the space
- Draw two cards = draw two cards from the regular UNO deck and perform the activities that correspond to the card color and number of the cards
- Wild Card: That girl chooses the ‘color’ or exercise she wants to do, and do the ‘number’ of how many years old they are
- Wild Draw 4 Card = That girl draws four cards more from the UNO deck and they must complete all four cards

## Activity #4: Junior Journaling

Time: 20 minutes

Badge Connection: Step 3 – Know how to stress less

Materials Needed: Paper or notebooks, writing utensils

1. Begin by asking the girls to identify a time when they were stressed out about something. Have the girls talk to each other in partners about this or select a few to share examples with the large group. Ask them, where do you think your stress came from? What triggered it?
2. Talk with the girls about how an important part of why we experience stress is because we often don’t take the time to recognize where it is coming from, or what is triggering it. One thing that can help with this is journaling.
3. Journaling activity: Instruct the girls to take paper and pencil and find a comfortable place alone in the room, away from other people.
4. Instruct the girls to continuously write out how they are feeling, any thoughts on their mind, etc. for five minutes straight. Instruct the girls that no one else will see what they write, not to worry about grammar or spelling – but just to focus on never letting their hand stop moving. They can write about absolutely anything – their day, something that happened this week, something happy, something sad, or perhaps, even about not knowing what to write!



5. At the end of the activity, ask each girl to share one word to describe their experience with the journal activity. Encourage girls to consider using this stress management technique in their daily lives to assist with discovering their feelings and triggers of stress.
6. Reflection: Ask girls to share some examples of things you do (besides journaling) to relieve stress? Review other/new examples the girls may not have mentioned, such as:
  - Journal
  - Read
  - Get a massage/spa treatment
  - Work out/exercise
  - Yoga
  - Meditation/prayer
  - Watch a movie/TV
  - Sleep
  - Eat
  - Talk with a friend or mentor
  - Listen to music
  - Engage in sport or activity/hobby you enjoy

## Wrapping Up

Time: 15 minutes

Materials Needed: Make New Friends lyrics (optional)

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

## More to Explore

- Field Trip Ideas:
  - Visit a local health food store or farmer's market.
  - Get a tour of a local gym or fitness studio.
  - Attend yoga or a dance class a troop.
- Speaker Ideas:
  - Invite a fitness or yoga instructor to lead exercises at your meeting and talk about the importance of staying active.
  - Invite a nutritionist to your meeting to talk about healthy food choices.
  - Invite a counselor or therapist and discuss new ideas of how to manage stress.



<b>Push Ups</b>	<b>Sit Ups</b>	<b>Mountain Climbers</b>	<b>Jumping Jacks</b>
<b>Lunges</b>	<b>Knee Lifts</b>	<b>Burpies</b>	<b>Your Choice!</b>

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