

BROWNIE MY BEST SELF BADGE - MEETING 1

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	Look at Me! <ul style="list-style-type: none"> Girls will make a self-portrait. 	<input type="checkbox"/> Construction paper <input type="checkbox"/> Coloring utensils
15 minutes	My Plate <ul style="list-style-type: none"> Girls will learn about what makes a healthy and balanced meal. 	<input type="checkbox"/> My Plate worksheet (one per girl) <input type="checkbox"/> (Optional) Computer with internet access or books on nutrition
20 minutes	What's for Dinner? <ul style="list-style-type: none"> Girls will plan a healthy meal for their family. 	<input type="checkbox"/> Construction paper <input type="checkbox"/> Scissors <input type="checkbox"/> Glue <input type="checkbox"/> Magazines <input type="checkbox"/> Coloring utensils
15 minutes	Snack Chat <ul style="list-style-type: none"> Girls will eat snack and have a topic discussion. 	<input type="checkbox"/> Healthy snack
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: Look at Me!

Time: 15 minutes

Badge Connection: Step 1 — Get to know your body

Materials Needed: Construction paper; coloring utensils

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



Activity #2: My Plate

Time: 15 minutes

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

Materials Needed: MyPlate worksheet (one for each girl)

Prep Needed:

- Make copies of the MyPlate worksheet (one for each girl).
 - Optional: The US Department of Agriculture updated the food pyramid to MyPlate. If you haven't already, familiarize yourself with MyPlate food guide on the USDA website (<https://www.choosemyplate.gov/>) or check your local library for resources on healthy nutrition.
1. Discuss what food groups make up MyPlate. Brainstorm a list of foods for each food group.
 2. Write down foods for each group on the MyPlate worksheet.

Activity #3: What's for Dinner?

Time: 20 minutes

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

Materials Needed: Construction paper; scissors; glue; magazines; coloring utensils

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

Time: 15 minutes

Badge Connection: Questions link to multiple badge steps

Materials Needed: Healthy snack

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: 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:
 - 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 to talk about growing and cooking healthy foods.
 - Invite a nutritionist or dietician to your meeting to talk about their job and how they help people make healthy eating and lifestyle choices.



