

Brownie My Best Self Badge Activity Plan 2

Purpose: When girls have earned this badge, they will 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 award or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities listed in the Journeys or the *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.
- They meet or learn about a health helper, such as 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.

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. Play a game so girls get to know each other better. Use the example below if needed.
 - Sing "Head, Shoulders, Knees and Toes" as a group, touching each body part as it is named:
Head, shoulders, knees and toes, knees and toes;
Head, shoulders, knees and toes, knees and toes;
Eyes and ears and mouth and nose;
Head, shoulders, knees and toes, knees and toes.
 - Have the girls choose other body parts to substitute and sing the song again (for example, "Forehead, ankles, chin and elbows, chin and elbows, etc.)

Activity #1: Symptom Charades

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

Time Allotment: 15 minutes

Prep Needed:

- Print and cut out Symptom Charade cards.

Materials Needed:

- Symptom Charade cards

Steps:

1. 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.
2. Once girls have correctly identified the symptom, lead girls in a discussion about:
 - What doctors or parents do to investigate when a child is experiencing that 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, and remedies might include medicine, drinking lots of liquids, or even 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.

Activity #2: Happiness from A to Z

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

Time Allotment: 25 minutes

Prep Needed:

- Gather supplies and materials

Materials Needed:

- Index cards (27 per girl)
- Ribbon or string
- Hole punch
- Markers or colored pencils

Steps:

1. Discuss with girls that everyone has times when they feel sad, shy or nervous. Talk about how sometimes 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. 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, punch a hole in the corner of each page and help girls tie each book together with a piece of ribbon.

Activity #3: Snack Chat

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

Time Allotment: 10 minutes

Steps:

1. While enjoying snack, here are some things for girls to talk about:
 - Thinking back through the past 24 hours, what was the happiest time?
 - What was your happiest time in the past week?
 - 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

Award Connection: Step 5—Meet a Health Helper

Time Allotment: 15 minutes

Prep Needed:

- Print a Doctor Match-Up worksheet for each girl

Materials Needed:

- Doctor Match-Up worksheets
- Writing utensils

Steps:

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 Allotment: 10 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:
 - 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.

Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email troopsupport@girlscoutsv.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 how our bodies work and how to keep ourselves healthy and happy, and we earned the My Best Self badge.

We had fun:

- Talking about different ways our bodies show us something is wrong and what we do when we experience those symptoms.
- Creating a book to remind ourselves of ways to be happy.
- Learning about different types of health helpers.

Continue the fun at home:

- Talk about ways your family investigates health symptoms that family members are experiencing.
- Discuss remedies your family uses when family members are ill or injured.
- Identify things your family likes to do together that make everyone feel happy, and do those things together.
- Look through the *Girls' Guide to Scouting* with your Girl Scout to find other activities you can try at home.

Thank you for bringing your girl to Girl Scouts!

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