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Allina Health 

Junior Staying Fit Badge Activity Plan 1

Purpose: When girls have earned this badge, they'll know what they need to get strong and stay strong.

Planning Guides Link: Healthy Living and Creativity

Fun Patch Link: Fitness

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 Junior 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 Junior 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 *Junior 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 know how to make healthy food choices
- They know ways to exercise and relax.
- They can research health information
- They have helped their families stay fit

Tips and Tools

- If you are unable to lead the girls in the exercises, check with your co-leaders and girls' families to see if any other adults would like to lead the group. You can also check with your service unit manager to find older girl troops in your area who would be willing to lead the activities.
- 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 "Wash Hands for Health", "Smile Bright! Tooth Care" and "Splash! Why We Need a Bath".

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 *Junior Girl's Guide to Girl Scouting Staying Fit Badge*, which can be used for additional information and activities.
- Yoga activities are adapted from *Yoga Pretzels: 50 Fun Yoga Activities for Kids and Grown Ups* by Tara Guber and Leah Kalish.
- *Important snack note:* Please check with parents and girls to see if they have any food allergies. The snack activity calls for peanut butter and milk. Ask parents for alternative options that will work for the activity, if needed.

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.
 - Pile Up: Girls sit on chairs in a circle. Choose a leader who will have a list of “yes” or “no” questions, such as “Do you have on brown shoes?”, “Are you wearing a ring?”, “Is your favorite color purple?” As the questions are asked, those that can answer “yes,” move one chair to the right. Those that answer “no” don’t move. Girls will end up “piled-up” on chairs.

Activity #1: Couch Potato Activities

Badge Connection: Step 1—Start moving!

Time Allotment: 15 minutes

Prep Needed:

- Before the meeting, instruct girls and parents that girls should wear comfortable clothes and shoes in which they can exercise.
- Review and practice the exercises.
- Clear an area in your meeting space for exercising, if needed.

Materials Needed:

- Stop watch, watch with a second hand or other time-keeping device
- Optional: yoga/exercise mats

Steps:

1. Have girls spread out in an open space and sit on yoga/exercise mats (optional).
2. Explain that they will be learning to stay fit and keep themselves healthy. An important part of staying fit is to get up and move at least one hour every day. They can do this by playing sports, playing active games, riding bikes or doing anything that makes them get up and move. Inform girls that you are going to lead them through exercises that can all be done while watching their favorite T.V. shows.
3. Lead the girls through each of the listed exercises. First, demonstrate each exercise while the girls watch. Then, demonstrate again while you describe what you’re doing. Then, have the girls join you in doing the exercise. Last, have the girls continue doing each exercise while you walk through the room to ensure they are doing it correctly. You should stress to the girls that they can hurt themselves if they do an exercise incorrectly.

- **Lunges**
 - Stand in a split-stance (one leg forward, one leg back). Bend knees and lower body into a lunge position, keeping the front knee and back knee at 90 degree angles. Keeping the weight in your heels, push back up (slowly!) to starting position. Never lock your knees at the top and don't let your knee bend past your toes.
 - Have girls do three sets of 10 lunges. This means that they will do 10 lunges, rest, do 10 more lunges, rest, and do a final 10 lunges.
- **Jumping Jill Commercial Challenge**
 - Stand with your arms at your sides. Be sure your feet are straight and close together. Bend your knees. Jump up while spreading your arms and legs at the same time. Lift your arms to your ears and open your feet to a little wider than shoulder width. Clap or touch your hands above your head. As you return from jumping up, bring your arms back down to your sides and bring your feet back together.
 - Time girls as they do jumping jills in 30-second increments. This is the length of an average commercial.
 - Challenge girls to try this during commercial breaks at home. They can start with one commercial, then two, until eventually they're doing jumping jills during the entire commercial break.
 - **Alternate exercise:** If girls cannot do jumping jills or cannot continue for 30 seconds, have them walk or march in place.
- **Squats**
 - Stand with feet hip-width apart, toes facing straight ahead or angled slightly outward. Slowly bend the knees and lower hips towards the floor, keeping your torso straight and abs pulled in tight. Keep your knees behind your toes; make sure everything is pointing in the same direction. Do not go lower than 90 degrees. Have girls do two–three sets of 10 squats.
 - If girls are doing well with the squats, encourage them to stop and hold their last squat at the bottom for 10 seconds.
- **Bridges**
 - Lie on your back with your knees bent and feet flat on the floor. Make sure your spine is in a straight line, and that you are looking up at the ceiling. Take a deep breath, and as you exhale the breath, slowly and carefully lift your hips and butt off of the ground until they are as high as you can get them. Ideally, your body should now be in a straight line from your hips up to your neck. Slowly lower your body back down to the ground.
 - Have girls do two–three sets of 10 bridges.
 - Encourage girls to get their backs as straight as possible when lifting.

Activity #2: Health Food Roundup

Badge Connection: Step 2—Keep your fit body fueled

Time Allotment: 15 minutes

Prep needed:

- Make copies of the “my plate” worksheet.

Materials needed:

- Copies of the “my plate” worksheet (one per girl)

Steps:

1. Have the girls stand together in a circle. If your group consists of more than 10 girls, have them split into multiple groups.
2. Give each girl a copy of the “my plate” worksheet. Explain that this shows what kinds of foods they should eat in a day. We should eat a variety of foods in order to get all the nutrients our body needs, including fruits, vegetables, grains, meat, beans, nuts and dairy products. We should also have variety in each group. For example, eating all different kinds of fruit is better for you than eating just apples. You should also try to eat whole, unprocessed foods as much as possible. For example, eating an apple is better than drinking apple juice.

3. Tell the girls you are going to play a game to help brainstorm all the different kinds of healthy foods they can eat. Start by saying "Fruits are a great healthy food. A fruit I like is _____. " For example say, "Fruits are a great healthy food. A fruit I like is a peach."
4. Have the next person in the line repeat what you said and add their fruit to the list. For example, the next person in line might say, "Fruits are a great healthy food. Fruits I like are peaches and apples."
5. Continue to go around the circle having each girl say the same line and add another fruit. If someone misses a fruit from the list or can't think of a fruit to add to the list, have them sit down. Play until all the girls are sitting.
6. Start a new round, but start with a different type of healthy food. Types of food to use are: green leafy vegetables, colorful vegetables, grains, proteins (meat, nuts and beans) and dairy products. You may or may not use all the categories depending on your group.

Activity #3: Snack Chat

Badge Connection: Questions link to multiple badge steps

Time Allotment: 15 minutes

Prep needed:

- Prepare the food so that girls can serve themselves.

Materials needed:

- My plate worksheet (from previous activity)
- Cups
- Small plates
- Celery
- Whole grain crackers
- Raisins
- Peanut Butter
- Milk

Steps:

1. Explain that not only does "my plate" tell us what kinds of eat, it also tells us what portions we should have. Our meals should be about half fruits and vegetables with more veggies than fruit. They should have about half grains and proteins (meat, beans and nuts) with more grains than proteins.
2. Tell the girls that we have all the food groups represented in our snack. They are going to serve themselves, and their challenge is to try to have their portions match the "my plate" worksheet. The food groups in our snack are:
 - Vegetables: celery
 - Fruit: raisins (they are just dried grapes!)
 - Protein: peanut butter
 - Grain: whole grain crackers
 - Dairy: milk
3. While enjoying snack, here are some things for girls to talk about:
 - What does your family do to stay healthy?
 - What's your favorite exercise to do with your friends? What about with your family?
 - Have you ever made a healthy snack for yourself? What did you make?
 - What other kinds of healthy foods do you like to eat?
 - How can you tell if a food is healthy for you?
 - For our next activity, we're going to relax with some yoga. What do you normally do to relax?

Activity #4: Relaxing with Yoga

Badge Connection: Step 3—Know how to stress less

Time Allotment: 20 minutes

Prep Needed:

- Before the meeting instruct girls and parents that girls should wear comfortable clothes in which they can move.

- Review and practice the exercises.
- Clear an area in your meeting space for exercising, if needed.

Materials Needed:

- Optional: yoga/exercise mats

Steps:

1. Have girls spread out in an open space and sit on yoga/exercise mats (optional). Explain that in addition to exercising and eating healthy foods, it's also important for them to relax their minds and bodies.
2. Tell girls that today they're going to try yoga. Though it includes exercises, yoga is a lifestyle in which people train their mind, body and breath. There are many different types of yoga and some have been around for over 3,000 years.
3. Lead the girls through each of the listed exercises/activities.
 - **Bear Breath**
 - This exercise helps girls focus on breathing, helping them achieve rest and balance.
 - Have the girls sit comfortably on the floor or mat. Slowly and calmly tell the girls "In the winter, bears hibernate in caves, sleeping peacefully. Sit up tall, close your eyes, and go inside. Through your nose, breathe in for a count of five, and then hold for a count of three. Breathe out for a count of five, then hold for a count of three." Repeat this instruction 5 times. Then say, "Open your eyes and notice how you feel." Be sure to allow girls time to finish each step after you say it.
 - **Nature Kids**
 - This is a great activity to help kids stretch, exercise and relax while expressing their creativity at the same time.
 - Have girl spread out so they can make big movements without hitting anyone. Explain that you are going to call out natural phenomena. As you call out the words, the girls should use their body and their voices to act out the word however they choose. They should continue making the movements until you call out the next word. You can call out the words as slowly or quickly as you like.
 - Remind girls to watch out for the Girl Scout friends as they are making their movements.
 - Natural phenomena:

- storm	- tornado
- cloud	- waves
- tree	- fire
- rainbow	- river
 - **Seesaw**
 - This partner stretch will allow the girls to be mindful of each other while they relax.
 - Have the girls find a partner and sit on the floor. Say slowly and calmly to the girls "Face your partner, open your legs comfortably and touch your feet with your partner's feet. Tell each other 'we are willing'. Lean forward and grasp each other's hands. Tell each other 'we are mindful'. One partner lean back, slowly pulling your partner forward. Tell each other 'Slowly we seesaw'. Now the second partner will lean back and pull their partner slowly forward. Tell each other 'We go further.' Now let go and relax."

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: To add another yoga concept, have girls say a word that describes how they feel, such as "happy" or "peaceful" after their hand has been squeezed and before they pass the squeeze along.

More to Explore

- Field Trip Ideas
 - Visit a local health food store
 - Get a tour of a local gym or fitness studio
- 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

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 staying healthy and fit, and are on our way to earning the Staying Fit Badge.

We had fun:

- Trying out exercises we can do while watching T.V.
- Learning different kinds of healthy foods
- De-stressing with yoga

Continue the fun at home:

- Have your Girl Scout teach the family the exercises and yoga moves she learned.
- Have your Girl Scout help plan, shop for, and cook healthy meals for the family.
- Have a "relaxation day" with your Girl Scout.

- Look through the *Girl's Guide to Girl Scouting* with your Junior to find other activities you can try at home.

Thank you for bringing your Junior to Girl Scouts!

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