



Junior Staying Fit Badge Activity Plan 2

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

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 or customizing activities to your preference. 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 manage stress.
- They can involve their families in fun ways to 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

- This activity plan has been adapted from the Junior Skill-Building Badge set for the *It's Your Story—Tell It!* Staying Fit Badge, which can be used for additional information and activities.
- *Important snack note:* Please check with parents and girls to see if they have any food allergies. 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.

I've got mail!

Materials needed:

- 1 chair per girl, except for one girl who starts by standing in the middle.

Steps:

1. Instruct the girls to form a circle sitting down in a chair and choose one girl to start in the middle.*Note: The girl in the middle does NOT have a chair. There should be no open seats.
2. Instruct the girls that when in the middle, she must introduce herself to the rest of the group by saying "Hi my name is _____" (then instruct the rest of the group to repeat back her name) and then say "and I've got mail for someone who _____". This is where the girl says something about herself.
 - a. Example 1: "Hi My name is Samantha (Group: "Hi Samantha!") and I've got mail for someone who has a dog."
 - b. Example 2: "Hi, My name is Abby (Group: "Hi Abby!") and I've got mail for someone who loves to go tubing on the lake."
3. Any girl(s) in the circle who shares in common the statement made by the girl in the middle (example: anyone else who "loves to go tubing on the lake") must quickly leave her chair and run to find a different chair. The rule is that girls cannot stay in the chair they were just in, or move to a chair directly next to them. The last person to run and sit down in a chair is now in the middle. The game continues by her introducing herself and stating 'who she has mail for' – or stating something about herself.
 - o Tip: If a girl gets caught in the middle twice, have her switch with someone who has not been in the middle yet so everyone can introduce themselves.

Activity #1: Musical Hoops

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.
- 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.

Materials Needed:

- 8 hula hoops
- Cd player/CD or ihome/ipod to play music
- Fitness cards

Steps:

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. 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.

Fitness command cards:

Push Ups	Sit-Ups	Mountain Climbers	Jumping Jacks
Lunges	Knee lifts	Burpies	Your choice!

Activity #2: Snack Scavenger Hunt

Badge Connection: Step 2—Keep your fit body fueled

Time Allotment: 15 minutes

Prep needed:

- Gather 8 various snack items and hide them throughout the meeting space prior to the meeting.
 - Tip: Ensure that the snack items you choose have a nutrition label located on the snack, or print off a nutrition label for those that do not (i.e. An apple) Check with girls and parents to be aware of any food allergies prior to the meeting.

Materials needed:

- 8 various snack items – choose an even mix between healthy and less healthy snacks (i.e. a whole grain granola bar and a bag of chips)
- A healthy snack item of your choice, 1 per girl (have this item also be one of the 8 choices in the scavenger hunt)

Steps:

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!

Badge Connection: Step 5-Help your family stay fit

Time Allotment: 15 minutes

Prep needed:

- Gather 'Uno' card game
- Write out fitness commands on large chart paper and hang up in the playing space

Materials needed:

- 'Uno' card game
- Uno Fitness commands (listed below)
- Large chart paper and marker to write out Uno Fitness Commands

Steps:

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

Badge Connection: Step 3—Know how to stress less

Time Allotment: 20 minutes

Prep Needed:

- None

Materials Needed:

- Wide-ruled paper or notebooks
- Pencils

Steps:

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 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 or farmer's market.
 - Get a tour of a local gym or fitness studio.
 - Attend yoga or a dance class as 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.

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 have earned the Staying Fit Badge.

We had fun:

- Playing games with a new 'fitness' spin on them to get us up and moving!
- Having a scavenger hunt and identifying healthy vs. less healthy snacks.
- Participating in a journaling activity and discussing other stress management techniques.

Continue the fun at home:

- Have your Girl Scout teach your family the games she learned, such as 'Fitness Uno', and play it together.
- Visit a farmers market and have your Girl Scout help choose food items to purchase.
- Create a "mini spa" at home with your Girl Scout, including a massage, facial and nail stations.
- 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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