



Brownie My Best Self Badge

Pillar: Life Skills, STEM

Outcomes: Develops a strong sense of self, Forms and maintains healthy relationships

We only get one body, so it's important to take care of it! Learn to pay attention to what your body needs and how to ask for health help if you need it – so you can keep yourself feeling great!

Brownies will earn their badge by:

1. Get to know your body
 - Print the My Elf Self template, here: <https://i.pinimg.com/originals/de/f1/b9/def1b919461c4ded9e6cc5e8b6fd4493.jpg> and color it in to look like yourself! Add your hair color, your eye color, and favorite clothes. If you don't have a printer, that's okay! Just draw yourself as an elf.
 - Gather some data on yourself. How tall are you? How long are your arms and legs? Add some details about yourself.
 - Share your completed picture with a family member or your troop leader.
2. Eat and play in a healthy way
 - First, look over the government designed MyPlate food guidance system, which helps people know how to eat right. <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids>
 - Then, use what you learn to add a healthy habit to your life. Try three different kinds of exercise with your family, such as jumping rope, playing soccer, or riding a bike. Do each one for 20 minutes and chose your favorite. How could you do it three times a week? Schedule a family recess time and make it happen!
3. Find out how your body works
 - Learn to spot clues that tell you when you need to take especially good care of yourself. Work with your family to think of three common reasons your “tummy” might hurt. What you might call your “tummy” or “stomach” is what doctors call your “abdomen.” What part of it can act up and why? When you ask for help, it's good to have an idea of what might be wrong!
4. Know what to do if something bugs you
 - Sometimes, you get a stomachache because you're nervous. Or you might feel shy when you're sad or have a hard time sleeping when you're angry. Luckily, there are things you can do to feel happy if something is bugging you!
 - Moving helps our bodies feel happier. When something bugs you during the next two weeks, try a fun movement – like skipping, hula hooping, or jumping jacks – for five minutes. Talk with a family member about which ones make you feel best. Keep notes so you can use them later!
5. Meet a health helper
 - Sometimes you need someone else to help you stay healthy! Find out who can help in your community. Does your parent or caregiver know a health provider, EMT, school nurse or counselor? Arrange a video call with them and ask how they help people stay healthy and safe. Don't know anyone in the health professions? That's okay! Ask your parents how they are helping to keep you safe and healthy during the COVID-19 pandemic.

Online additional resource:

- For more information and links, see our Brownie My Best Self Pinterest Board: <https://pin.it/3x5XbpI>

When you're finished: Congratulations, you have earned your badge! You can purchase by emailing shopdept@gsksmo.org or at <https://www.girlscoutshop.com/BROWNIE-MY-BEST-SELF-BADGE>. No shipping charges apply at this time.

