



Junior Practice with Purpose Badge

Pillar: Life Skills

Outcomes: Strong Sense of Self & Challenge Seeking

Juniors will earn their badge by:

- 1) Decide on your goal
 - a) Create a sports diary, select a goal you would like to achieve and then create a list of steps to achieve the goal.
- 2) Increase your endurance
 - a) Learn 2 warm-up and 2 cool-down exercises/stretchers
 - b) Click on the following link for some stretching exercises:
https://www.womensheart.org/content/Exercise/stretching_exercise.asp
 - c) Have a dance-a-thon to build endurance. Play energizing music in one-minute, three-minute and five-minute segments.
- 3) Build up your strength
 - a) Learn three exercises and perform them (ex: push up, sit up, 6-inch leg lift, caterpillar, etc.)
 - b) Check out the following link which includes “how-to” guides for different exercises:
<https://kidshealth.org/en/parents/elementary-exercises.html>
- 4) Drill for skill
 - a) Drop a small ball and work to catch it before it hits the ground.
- 5) Practice, practice, practice!
 - a) Create a schedule in your sports diary to help you practice achieving your goal.
 - b) Click on the following link for a downloadable activity schedule:
<https://www.healthykids.nsw.gov.au/kids-teens/kids-activities/activity-diary.aspx>

For more ideas, check out our Junior Practice with Purpose Pinterest board:

<https://www.pinterest.com/gprograms/junior-resources/badge-practice-with-purpose/>

When you're finished: Congratulations, you have earned your badge! You can purchase by emailing shopdept@gksmo.org or at <https://www.girlscoutshop.com/JUNIOR-PRACTICE-WITH-PURPOSE-BADGE>

No shipping charges apply at this time.

