



## Daisy Troop Ideas: Healthy Living Activities

*When a Girl Scout eats right and moves, she feels good! Good food and exercise give us energy to have fun and be our amazing selves! Now, let's get moving!!*

Try one or more of these activities	
Meeting activity:	Virtual adaptation:
<p><b>Let's make healthy choices! Meeting warm up!</b></p> <ul style="list-style-type: none"> <li>• Ask girls what it means to be healthy.</li> <li>• Have the girls name activities and choices they make every day that keep them healthy!</li> <li>• Remind them that going to bed at bedtime, drinking water, running around at home and at recess, dancing to the radio, brushing their teeth, washing hands, and taking a bath are all activities that help them stay healthy.</li> </ul>	<p>Have the discussion on Zoom.</p>
<p><b>Let's move together!</b></p> <ul style="list-style-type: none"> <li>• Find a good kid playlist of fun songs to dance to! Make sure the girls have a water bottle with water handy!</li> <li>• Making healthy choices can be fun! Let's do it together! <ul style="list-style-type: none"> <li>○ Play the music and have each girl take a turn leading a stretch, dance move or exercise that everyone can do with her! By the time everyone takes a turn, you all should have had a nice little workout!!</li> </ul> </li> <li>• Take a water break and ask girls what their favorite move was!</li> </ul>	<p>Follow in-person instructions for your Zoom meeting.</p>
<p><b>Let's eat healthy!</b></p> <ul style="list-style-type: none"> <li>• Make a fun and healthy snack together! Each girl will need a skewer, fruit pieces, lunch meat slices, cheese cubes and veggie slices (cucumber, peppers, pickle slices, etc.).</li> <li>• Good snacks give us energy to move and learn. They give us what we need to grow big and strong. Let's make a healthy snack together!</li> <li>• Have the girls choose what their skewer will look like! Encourage them to make it colorful because the more colorful the snack, the better it is for us! (This does not include sugary snacks with sprinkles!) A girl might do a pattern, meat, veggie, cheese, fruit, meat, veggie, etc!</li> <li>• Before you eat, have the girls share how they built their snack with the group. This will help the girls get to know each other, build community in the troop and it's fun to see the differences in how each girl likes her foods!</li> <li>• Enjoy your snack together!</li> </ul>	<p>Ask parents to have the snack supplies for their daughter or to stop by and do a porch pick-up from you. If there are allergies or picky eaters it would help to have parents supply healthy options for their own daughters.</p> <p>Follow in-person instructions for your Zoom meeting.</p>



### **Play a game! (or two!)**

- This is a stand up-sit down game! Create a list of healthy choices mixed with non-healthy choices. You can put these on cards and draw the cards from a hat/bowl/bucket. When you read a healthy choice, girls stand. When you read an unhealthy choice, they sit. When the girls sit, ask what they could do instead to make it healthy.

#### Examples:

- Suzie comes home from school and eats an apple for snack.
  - Jody comes home from school and eats chocolate cookies.
  - Mikey likes to ride her bike.
  - Jessa likes to watch Netflix.
  - Molly enjoys going on hikes with her family.
  - Dana enjoys playing video games.
  - Amy goes to bed without fussing.
  - Kira throws a fit at bedtime.
  - Arie brushes her teeth twice a day.
  - Mila forgets to brush her teeth.
- For this game you will need a die and your girls to help build it!
    - For each side of the dice you will need an animal action to act out. This is another way to get moving!
    - Roll a 1 = girl suggestion (ex. Hop like a bunny)
    - Roll a 2 = girl suggestion (ex. Crab walk)
    - Continue until you have 6 actions.
    - Now roll the die and have fun!

Follow in-person instructions for your Zoom meeting.

