



Troop Ideas: Healthy Living

Troop meeting activities for Juniors, Cadettes, Seniors, and Ambassadors

The focus this month is on healthy living. Try some of these activities with your troop and discuss what you have done to improve your understanding of healthy living.



Try one or more of these activities	
Meeting activity:	Virtual adaptation:
<p>Host a dance competition</p> <ul style="list-style-type: none"> Have the girls create a playlist with some fast moving and appropriate music. Have fun! The sillier, the better! Maybe each girl can find a fun dance challenge on TikTok or pick one together as a group that they can teach and practice doing together. 	<p>Girls can zoom and dance virtually.</p>
<p>Play some games involving movement</p> <ul style="list-style-type: none"> Have girls sing Little Sally walker Have girls invent their own songs and add movement to it 	<p>Girls can zoom in and sing along and show their movements online.</p>
<p>Host a healthy/mindful snack and talk about it</p> <ul style="list-style-type: none"> Have girls eat a mindful snack together Have each girl pick her own snack and take turns sharing <ol style="list-style-type: none"> Start by holding your snack Roll it in your hand. Notice how it feels. Hold the snack near your nose. What does it smell like? If you have your eyes open, notice how the snack looks. Pay attention to whether the skin is smooth or bumpy. Is it squishy, juicy, hard, colorful? Is your mouth watering? Go ahead and taste your snack. Notice how it feels on your tongue, and against your teeth. Notice the flavor, the texture, and the juiciness as you chew each piece slowly. Take your time as you chew, taste, smell, and feel each bite of your snack. <p>Have each girl share.</p>	<ul style="list-style-type: none"> Give parents a list of supplies or do a porch drop off. Have each girl pick her own snack to participate.
<p>Host a yoga session</p> <ul style="list-style-type: none"> Visit our community partners to see if one fits your troop schedule https://www.gsksmo.org/en/events/community-programs.html Here are some easy online videos to practice mindfulness: https://www.youtube.com/watch?v=X655B4ISakg https://www.youtube.com/watch?v=0ZpZOD6h6kU https://www.youtube.com/watch?v=laDRCHhSTxM 	<ul style="list-style-type: none"> Decide if each family would like to participate. Can be done by family or as a troop virtually or in person. Watch the videos together and practice together.
<p>Check out our family fun activity: https://www.gsksmo.org/content/dam/girlscouts-gsksmo/OtherDocuments/virtual/Family-Fun-Jan.pdf</p>	<p>Can be done with families or with a troop virtually.</p>

