

## Girl Scout Brownie Level

### *Healthy Habits: Head to Toe*

#### Objectives

- Girls will be able to identify 3-4 ways to keep their bodies clean and healthy
- Girls will be able to explain the importance of hand washing
- Girls will be able to say “no” to things they know are wrong

#### Outline

- I. Introduction
  - a. Things to Talk About – Having Healthy Habits
  - b. *Activity – Human Body Drawing*
- II. Head and Face
  - a. Things to Talk About – Hair Today
  - b. Things to Talk About – Face Forward
  - c. Things to Talk About – Cover Your Mouth!
  - d. *Activity – Fake Snot*
- III. Teeth
  - a. Things to Talk About – This is the Way We Brush Our Teeth
  - b. *Activity – My, What Big Teeth You Have*
  - c. *Activity – Brushing Investigation*
- IV. Body
  - a. Things to Talk About – Build a Healthy Body
  - b. Things to Talk About – Open Wide!
  - c. *Activity – Healthy or Unhealthy?*
  - d. Things to Talk About – Jump Around!
  - e. *Activity – Get Your Hearts Pumpin’*
- V. Group Game and Bathroom Break
  - a. *Activity – Group Game*
  - b. *Activity – Bathroom Break*
- VI. Hands
  - a. Things to Talk About – Give Yourself a Hand
  - b. *Activity – Glitter Bug*
- VII. Feet and Nails
  - a. Things to Talk About – This Little Piggy...
  - b. Things to Talk About – Hard as Nails
  - c. *Activity – Let’s Play “Nail Salon”*
- VIII. Brain, Body and Peer Pressure
  - a. Things to Talk About – Everyone’s *Not* Doing It
  - b. Things to Talk About – Say “No” to Smoking
  - c. *Activity – Work It Out*

## **Girl Scout Junior Level**

### *Healthy Habits: The Next Step*

#### **Objectives**

- Girls will be able to create and follow a healthy habits routine
- Girls will be able to identify the dangers of soda consumption, and suggest ways to protect their teeth
- Girls will learn how to resist negative peer pressure and dangerous situations

#### **Outline**

- I. Introduction
  - a. Things to Talk About – Keeping Healthy Habits
  - b. *Activity – Human Body Chart*
- II. Head and Face
  - a. Things to Talk About – Lather, Rinse, Repeat
  - b. Things to Talk About – Let's Face It
  - c. Things to Talk About – Ah... Ah... Ah-Choo!
  - d. *Activity – Fake Snot*
  - e. *Activity – Snot Blocker Relay*
- III. Teeth
  - a. Things to Talk About – You're Never Fully Dressed Without a Smile
  - b. *Activity – Big Teeth Have Big Plans*
  - c. *Activity – Soda Tiles*
  - d. *Activity – Make Your Own Toothpaste*
- IV. Body
  - a. Things to Talk About – Body Basics
  - b. Things to Talk About – ...Does a Body Good
  - c. *Activity – Which Healthy Food Am I?*
  - d. Things to Talk About – Exercise for Excellence
  - e. *Activity – S-T-R-E-T-C-H*
  - f. *Activity – Let's Get Movin'*
- V. Group Game and Bathroom Break
  - a. *Activity – Group Game*
  - b. *Activity – Bathroom Break*
- VI. Hands
  - a. Things to Talk About – Hand to Hand
  - b. *Activity – Glitter Bug*
- VII. Feet and Nails
  - a. Things to Talk About – Happy Feet
  - b. Things to Talk About – To Scratch an Itch
  - c. *Activity – Rock My Socks!*
- VIII. Brain, Body and Peer Pressure
  - a. Things to Talk About – You Just *Think* Everybody's Doin' It
  - b. Things to Talk About – Just Say "No"
  - c. *Activity – What Would You Do?*

## **Girl Scout Cadette Level**

### *Dear Me: Staying Sane in Stressful Times*

#### **Objectives**

- Girls will be able to create a personalized hygiene routine
- Girls will be able to recognize three symptoms of stress and then identify three ways to de-stress
- Girls will raise their self esteem

#### **Outline**

- I. Introduction
  - a. Let's Talk – Dear Me, There's So Much to Know
  - b. *Activity – A Letter to Myself*
  - c. *Activity – Get Comfortable*
- II. Puberty
  - a. Let's Talk – Puber-what?
  - b. Let's Talk – Expectations in 5 Overlapping Stages
  - c. Let's Talk – I Thought a Period Came at the End of a Sentence?
  - d. *Activity – Make Time for You*
  - e. *Activity – How Does It Work?*
- III. Hygiene
  - a. Let's Talk – What's Up with Hygiene?
  - b. *Activity –Hygiene Routine*
  - c. *Activity – Glitter Bug*
- IV. Health
  - a. Let's Talk – I Want to be Healthy
  - b. Let's Talk – Just Say "No"
  - c. *Activity – Healthy Choice Contract*
- V. Emotions and Stress
  - a. Let's Talk – Today I Feel...
  - b. Let's Talk – Stress Happens
  - c. Let's Talk – How Do I "De-Stress?"
  - d. *Activity – Stress Less*
- VI. Self Esteem
  - a. Let's Talk – Self Esteem? What's That?
  - b. Let's Talk – Love Your Body, It's the Only One You Have
  - c. Let's Talk – R-E-S-P-E-C-T
  - d. Let's Talk – Achieve Confidence
  - e. *Activity – Describe Yourself*
  - f. *Activity – Two Thumbs Up*

## **Girl Scout Senior Level**

### *Dear Me: Decisions and Directions*

#### **Objectives**

- Girls will understand health issues related to young women
- Girls will be able to make healthy choices about their bodies
- Girls will feel good about what their futures hold

#### **Outline**

- I. Introduction
  - a. Let's Talk – All Grown Up
  - b. *Activity – Dear Me*
- II. Getting Comfortable
  - a. *Activity – Tension Buster!*
  - b. *Activity – We've All Got Issues*
- III. Being Healthy on Your Own
  - a. Let's Talk – Healthy Habits Could Save Your Life
  - b. *Activity – Glitter Bug*
  - c. *Activity – BSE Models*
- IV. Fitness for Life
  - a. Let's Talk – "Freshman 15" Attacks
  - b. *Activity – Saturday Diner*
- V. Safety, Stress and Self Esteem
  - a. Let's Talk – The 3 Ss
  - b. *Activity – Tangled Webs*