Brownie My Best Self Badge Activity Plan 2

**Purpose:** When girls have earned this badge, they will know how to keep themselves healthy and happy.

**Planning Guides Link:** Healthy Living and Creativity

**Fun Patch Link:** Body Awareness

**Activity Plan Length:** 1.5 hours

**Resources**
- This activity plan has been adapted from the Brownie Skill-Building Badge set for the *It’s Your World—Change It! My Best Self Badge*, which can be used for additional information and activities.

**Activity #1: Symptom Charades**

Award Connection: Step 3—Find out how your body works

Time Allotment: 15 minutes

Materials Needed:
- Symptom Charade cards

Steps:
1. Ask for a volunteer. The first girl picks a card and acts out the word on the card without saying anything out loud. The other girls should try to guess what the first girl is trying to show.
2. Once girls have correctly identified the symptom, lead girls in a discussion about:
   - What doctors or parents do to investigate when a child is experiencing that symptom.
   - What types of sickness that symptom might indicate.
   - What types of remedies a doctor or parent would use to help the child feel better. For example, for a sore throat doctors or parents might look for redness in the child's throat or do a throat swab to test for strep throat. A sore throat might indicate strep throat or just a common cold, and remedies might include medicine, drinking lots of liquids, or even warm soup or cold popsicles.
3. Have other girls take turns picking a card and acting out the symptom. Lead a similar discussion for each card.

**Activity #2: Happiness from A to Z**

Award Connection: Step 4—Know what to do if something bugs you

Time Allotment: 25 minutes

Materials Needed:
- Index cards (27 per girl)
- Ribbon or string
- Hole punch
- Markers or colored pencils

Steps:
1. Discuss with girls that everyone has times when they feel sad, shy or nervous. Talk about how sometimes it helps to think of things that make you feel happy or things you enjoy. Tell girls they’re going to make a book to help remind them of things that make them happy.
2. Pass out 27 index cards to each girl.
3. Tell girls to make a title page first. Sample title might be “Happiness from A to Z.”
4. On each subsequent page, girls should write or draw something or someone that makes them happy that starts with each letter of the alphabet. Encourage girls to be creative, identifying their favorite things, people in their lives, activities they enjoy, musicians or authors, and descriptive words.
5. When girls are finished creating pages, punch a hole in the corner of each page and help girls tie each book together with a piece of ribbon.

Activity #3: Snack Chat
Badge Connection: Step 4—Know what to do if something bugs you
Time Allotment: 10 minutes
Steps:
While enjoying a snack, here are some things for girls to talk about:

- Thinking back through the past 24 hours, what was the happiest time?
- What was your happiest time in the past week?
- When you had a sad or nervous time in the past week, what did you do to cheer up?
- What types of things do the people in your life tell you or encourage you to do when you feel sad or nervous?
- What do you tell your family and friends to do when they feel sad or nervous?

Activity #4: Doctor Match-Up
Award Connection: Step 5—Meet a Health Helper
Time Allotment: 15 minutes
Materials Needed:
- Doctor Match-Up worksheets
- Writing utensils
Steps:
1. Discuss with girls that sometimes people need to visit “health helpers” to stay healthy. There are many different types of doctors and different doctors care for different parts of the body or different groups of people.
2. Pass out Doctor Match-Up worksheets. Tell girls to match up the type of doctor (in the left-hand column) with the body part or group of people that type of doctor treats (in the right-hand column).
3. Have girls go through the answers out loud together.
4. Group girls into pairs and have them share with their partner about one doctor or other health helper in their life that has been helpful to them. Talk about what they liked about that doctor.

More to Explore
- Field Trip Ideas:
  - Visit a place identified by the girls as somewhere that make them happy.
  - Take a tour of an ambulance.
- Speaker Ideas:
  - Ask a health helper, such as a doctor or nurse, to speak with the group.
- Ask a counselor or mental health professional to talk about encouraging positive feelings.

**Customize It!** If your group wants to expand work on this award or simply try different activities, go for it! There are many ways to earn this award, including: Completing the activities listed in the *Journeys* or the *Girl’s Guide to Girl Scouting*, completing two of these activity plans, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:
  - They get to know their bodies and how they work.
  - They know how to eat and play in a healthy way.
  - They can name one thing to do when something troubles them.
  - They meet or learn about a health helper, such as a doctor, nurse, dentist or counselor.

**Family Follow-Up Email**
Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:
- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

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**Hello Girl Scout Families:**

We had a wonderful time today learning about how our bodies work and how to keep ourselves healthy and happy, and we earned the My Best Self badge.

**We had fun:**
- Talking about different ways our bodies show us something is wrong and what we do when we experience those symptoms.
- Creating a book to remind ourselves of ways to be happy.
- Learning about different types of health helpers.

**Continue the fun at home:**
- Talk about ways your family investigates health symptoms that family members are experiencing.
- Discuss remedies your family uses when family members are ill or injured.
- Identify things your family likes to do together that make everyone feel happy, and do those things together.
- Look through the *Girls’ Guide to Scouting* with your Girl Scout to find other activities you can try at home.

Thank you for bringing your girl to Girl Scouts!

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*This activity plan was adapted from Girl Scouts River Valleys.*
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<thead>
<tr>
<th>Symptom Charade Cards</th>
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<tbody>
<tr>
<td><strong>sore throat</strong></td>
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<tr>
<td><strong>fever</strong></td>
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<tr>
<td><strong>upset stomach</strong></td>
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<tr>
<td><strong>ear pain</strong></td>
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<tr>
<td><strong>cough</strong></td>
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<td><strong>sliver</strong></td>
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<td>Doctor Match-Ups</td>
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<td>Optometrist</td>
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