

My Best Self 1



Brownies will learn how to keep themselves healthy and happy!





Steps

- 1. Get to know the body**
- 2. Eat and play in a healthy way**
- 3. Find out how the body works**
- 4. Know what to do if something bugs you**
- 5. Meet a health helper**





Step 1. Get to know the body

Draw a picture of yourself or click on the link to print out My Elf Self to color.

<https://www.girlscouts-swtx.org/content/dam/girlscouts-girlscouts-swtx/2020-documents/girl-scouting-from-home/My-Elf-Self.pdf>

Make sure to include your eye color, hair color, and favorite clothes!



Step 1. Get to know the body

Now, use a measuring tape
to measure your:

arm
length

leg
length



height

**Write your results
on the picture you
drew of yourself or
the My Elf Self page.**

Step 2. Eat and Play in a Healthy Way

Eating a variety of foods will help protect your bodies, give you the energy to do all the things you want to do, and help you grow up strong and healthy.

This Choose My Plate picture is what a healthy plate looks like. It shows how much your portion should be for each of these food groups.

Can you guess what kinds of foods might go in each of these sections?



Step 2. Eat and Play in a Healthy Way



Fruits



Grains



Vegetables



Protein



Dairy





Step 2. Eat and Play in a Healthy Way

Try one or both of these activities:

1. Try three different kinds of exercise, such as jumping rope, playing soccer, or riding a bike. Do each one for 20 minutes. You can even have a virtual workout party with your friends!
2. Take a thirsty challenge: Try not to drink sweetened juice or soda for one week. These drinks have a lot of added sugar. Instead, drink water or low-fat milk.

Click on this link for more activities to do: <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids>

Step 3. Find out how the body works



Doctors sometimes act like detectives.

When you're sick or something hurts, they will ask questions and examine you to discover the problem and help you feel better.



Step 3. Find out how the body works

Let's play a role-playing game and pretend you are a doctor. You'll need index cards with the following words written on them:

- Sore throat
- Upset stomach
- Cut
- Ear ache
- Fever
- Headache
- Broken Arm
- Broken leg

Have your parents or siblings pick a card and act it out without speaking so that you can guess what's wrong with them.



Step 3. Find out how the body works



Watch this video about how your Immune System works when you're sick.





Thank you!

**Check back
next week
for Part 2!**

- 1. Get to know the body ✓**
- 2. Eat and play in a healthy way ✓**
- 3. Find out how the body works ✓**
- 4. Know what to do if
something bugs you**
- 5. Meet a health helper**

