

My Best Self 2

Girls will finish learning how to keep themselves happy and healthy!





Step 4. What if something bugs you?

Think of a time where something has bugged you.



Did you have a stomach ache? Maybe a friend was being mean? Take a moment to think about it.

What can you do to notice that something is bugging you?



Being aware of our feeling faces can help us know when something is wrong. What does your face look like when you are mad? What about angry? Or scared? When are you happiest, and why?

Step 4. What if something bugs you?



What are some of the things we can do to help feel better?

What are some of the things that bring you happiness?

Try singing a song, dancing, helping out a friend, or watching a funny movie. Can you think of any others on your own?

Getting up and moving can help us feel better too! Try skipping, dancing, or jumping jacks.

When something bugs you, try a fun movement for five minutes. Find out which one makes you feel the best. Do one now to try it out. Pick whatever movement you want to do!

Step 5. Meet a Healthy Helper



Who are Healthy Helpers?

Healthy Helpers are people who work to keep people healthy! They help teach us how to care for ourselves, especially when we don't feel good.

Click the links below to have a virtual visit with a school nurse, and a virtual field trip to the doctor!

A visit to the school nurse: https://www.youtube.com/watch?v=u_xIBWoVjeA

A visit to the doctor's office: <https://youtu.be/gXXmVqS3tLk>





Step 5. Meet a Healthy Helper

Match the Healthy Helper to what they help!

Draw a line between the healthy helpers and the things that they take care of!



Dentist

Optometrist

Nutritionist

Pediatrician

Nurse

Surgeon

Audiologist

Dermatologist

Podiatrist

-Takes care of hearing

-Helps with diet

-Assists Doctors

-Takes care of skin

-Takers care of feet and ankles

-Takes care of children

-Takes care of teeth

-Performs surgery

-Takes care of eyes



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Congratulations!



You have earned your My Best Self Badge!



- What was your favorite part of earning this badge?
- What was the most important thing you learned?
- How do you think you can let others know why it's important to take care of your mind and body?



To order this badge, visit our online shop on our website at www.gswny.org or call Customer Care at 1-888-837-6410