

JUNIOR STAYING FIT BADGE - MEETING 1

Badge Purpose: When girls have earned this badge, they'll know what they need to get strong and stay strong.

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Girls recite the Girl Scout Promise + Law 	<ul style="list-style-type: none"> (Optional) Girl Scout Promise and Law poster
15 minutes	Couch Potato Activities <ul style="list-style-type: none"> Girls start moving 	<ul style="list-style-type: none"> Stop watch, watch with a second hand, or other time-keeping device (Optional) Yoga/exercise mats
15 minutes	Health Food Roundup <ul style="list-style-type: none"> Girls learn what healthy foods fuel their bodies 	<ul style="list-style-type: none"> “My Plate” worksheet (one per girl)
15 minutes	Snack Chat <ul style="list-style-type: none"> Girls enjoy a healthy snack while discussing what they’ve learned 	<ul style="list-style-type: none"> Healthy snack
20 minutes	Relaxing with Yoga <ul style="list-style-type: none"> Girls learn stress management techniques 	<ul style="list-style-type: none"> (Optional) Yoga/exercise mats
15 minutes	Wrapping Up	<ul style="list-style-type: none"> (Optional) Make New Friends lyrics poster

Getting Started

Time: 15 minutes

Materials Needed: Girl Scout Promise and Law poster (optional)

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.

Activity #1: Couch Potato Activities

Time: 15 minutes

Badge Connection: Step 1 – Start moving!

Materials Needed: Stop watch, watch with a second hand, or other time-keeping device, yoga/exercise mat (optional)

Prep Needed:



- Before the meeting, instruct girls and parents that girls should wear comfortable clothes and shoes in which they can exercise.
 - Review and practice the exercises.
 - Clear an area in your meeting space for exercising, if needed.
1. Have girls spread out in an open space and sit on yoga/exercise mats (optional).
 2. Explain that they will be learning to stay fit and keep themselves healthy. An important part of staying fit is to get up and move at least one hour every day. They can do this by playing sports, playing active games, riding bikes or doing anything that makes them get up and move. Inform girls that you are going to lead them through exercises that can all be done while watching their favorite TV shows.
 3. Lead the girls through each of the listed exercises. First, demonstrate each exercise while the girls watch. Then, demonstrate again while you describe what you're doing. Then, have the girls join you in doing the exercise. Last, have the girls continue doing each exercise while you walk through the room to ensure they are doing it correctly. You should stress to the girls that they can hurt themselves if they do an exercise incorrectly.
- Lunges
 - Stand in a split-stance (one leg forward, one leg back). Bend knees and lower body into a lunge position, keeping the front knee and back knee at 90 degree angles. Keeping the weight in your heels, push back up (slowly!) to starting position. Never lock your knees at the top and don't let your knee bend past your toes.
 - Have girls do three sets of 10 lunges. This means that they will do 10 lunges, rest, do 10 more lunges, rest, and do a final 10 lunges.
 - Jumping Jill Commercial Challenge
 - Stand with your arms at your sides. Be sure your feet are straight and close together. Bend your knees. Jump up while spreading your arms and legs at the same time. Lift your arms to your ears and open your feet to a little wider than shoulder width. Clap or touch your hands above your head. As you return from jumping up, bring your arms back down to your sides and bring your feet back together.
 - Time girls as they do jumping jills in 30-second increments. This is the length of an average commercial.
 - Challenge girls to try this during commercial breaks at home. They can start with one commercial, then two, until eventually they're doing jumping jills during the entire commercial break.
 - Alternate exercise: If girls cannot do jumping jills or cannot continue for 30 seconds, have them walk or march in place.
 - Squats
 - Stand with feet hip-width apart, toes facing straight ahead or angled slightly outward. Slowly bend the knees and lower hips towards the floor, keeping your torso straight and abs pulled in tight. Keep your knees behind your toes; make sure everything is pointing in the same direction. Do not go lower than 90 degrees. Have girls do two–three sets of 10 squats.
 - If girls are doing well with the squats, encourage them to stop and hold their last squat at the bottom for 10 seconds.
 - Bridges
 - Lie on your back with your knees bent and feet flat on the floor. Make sure your spine is in a straight line, and that you are looking up at the ceiling. Take a deep breath, and as you exhale the breath, slowly and carefully lift your hips and butt off of the ground until they are as high as you can get them. Ideally, your body should now be in a straight line from your hips up to your neck. Slowly lower your body back down to the ground.
 - Have girls do two–three sets of 10 bridges.
 - Encourage girls to get their backs as straight as possible when lifting.

Activity #2: Health Food Roundup

Time: 15 minutes



Badge Connection: Step 2 – Keep your fit body fueled

Materials Needed: “My Plate” worksheet (one per girl)

Prep Needed:

- Make copies of the “My Plate” worksheet
1. Have the girls stand together in a circle. If your group consists of more than 10 girls, have them split into multiple groups.
 2. Give each girl a copy of the “my plate” worksheet. Explain that this shows what kinds of foods they should eat in a day. We should eat a variety of foods in order to get all the nutrients our body needs, including fruits, vegetables, grains, meat, beans, nuts and dairy products. We should also have variety in each group. For example, eating all different kinds of fruit is better for you than eating just apples. You should also try to eat whole, unprocessed foods as much as possible. For example, eating an apple is better than drinking apple juice.
 3. Tell the girls you are going to play a game to help brainstorm all the different kinds of healthy foods they can eat. Start by saying “Fruits are a great healthy food. A fruit I like is _____.” For example say, “Fruits are a great healthy food. A fruit I like is a peach.”
 4. Have the next person in the line repeat what you said and add their fruit to the list. For example, the next person in line might say, “Fruits are a great healthy food. Fruits I like are peaches and apples.”
 5. Continue to go around the circle having each girl say the same line and add another fruit. If someone misses a fruit from the list or can’t think of a fruit to add to the list, have them sit down. Play until all the girls are sitting.
 6. Start a new round, but start with a different type of healthy food. Types of food to use are: green leafy vegetables, colorful vegetables, grains, proteins (meat, nuts and beans) and dairy products. You may or may not use all the categories depending on your group.

Activity #3: Snack Chat

Time: 15 minutes

Badge Connection: Questions link to multiple badge steps

Materials Needed: “My Plate” worksheet (from Activity #2), cups, small plates, celery, whole grain crackers, raisins, peanut butter, milk

Prep Needed:

- Prepare the food so that girls can serve themselves.
1. Explain that not only does “my plate” tell us what kinds of eat, it also tells us what portions we should have. Our meals should be about half fruits and vegetables with more veggies than fruit. They should have about half grains and proteins (meat, beans, and nuts) with more grains than proteins.
 2. Tell the girls that we have all the food groups represented in our snack. They are going to serve themselves, and their challenge is to try to have their portions match the “my plate” worksheet. The food groups in our snack are:
 - Vegetables: celery
 - Fruit: raisins (they are just dried grapes!)
 - Protein: peanut butter
 - Grain: whole grain crackers
 - Dairy: milk
 3. While enjoying snack, here are some things for girls to talk about:
 - What does your family do to stay healthy?
 - What’s your favorite exercise to do with your friends? What about with your family?
 - Have you ever made a healthy snack for yourself? What did you make?
 - What other kinds of healthy foods do you like to eat?
 - How can you tell if a food is healthy for you?
 - For our next activity, we’re going to relax with some yoga. What do you normally do to relax?



Badge Connection: Step 3 – Know how to stress less

Materials Needed: Yoga/exercise mats (optional)

Prep Needed:

- Before the meeting, instruct girls and parents that girls should wear comfortable clothes in which they can move.
 - Review and practice the exercises.
 - Clear an area in your meeting space for exercising, if needed.
1. Have girls spread out in an open space and sit on yoga/exercise mats (optional). Explain that in addition to exercising and eating healthy foods, it's also important for them to relax their minds and bodies.
 2. Tell girls that today they're going to try yoga. Though it includes exercises, yoga is a lifestyle in which people train their mind, body, and breath. There are many different types of yoga and some have been around for over 3,000 years.
 3. Lead the girls through each of the listed exercises/activities.
 - Bear Breath
 - This exercise helps girls focus on breathing, helping them achieve rest and balance.
 - Have the girls sit comfortably on the floor or mat. Slowly and calmly tell the girls "In the winter, bears hibernate in caves, sleeping peacefully. Sit up tall, close your eyes, and go inside. Through your nose, breathe in for a count of five, and then hold for a count of three. Breathe out for a count of five, then hold for a count of three." Repeat this instruction 5 times. Then say, "Open your eyes and notice how you feel." Be sure to allow girls time to finish each step after you say it.
 - Nature Kids
 - This is a great activity to help kids stretch, exercise and relax while expressing their creativity at the same time.
 - Have girl spread out so they can make big movements without hitting anyone. Explain that you are going to call out natural phenomena. As you call out the words, the girls should use their body and their voices to act out the word however they choose. They should continue making the movements until you call out the next word. You can call out the words as slowly or quickly as you like.
 - Remind girls to watch out for the Girl Scout friends as they are making their movements.
 - Natural phenomena:

- storm	- tornado
- cloud	- waves
- tree	- fire
- rainbow	- river
 - Seesaw
 - This partner stretch will allow the girls to be mindful of each other while they relax.
 - Have the girls find a partner and sit on the floor. Say slowly and calmly to the girls "Face your partner, open your legs comfortably and touch your feet with your partner's feet. Tell each other 'we are willing'. Lean forward and grasp each other's hands. Tell each other 'we are mindful'. One partner lean back, slowly pulling your partner forward. Tell each other 'Slowly we seesaw". Now the second partner will lean back and pull their partner slowly forward. Tell each other 'We go further.' Now let go and relax."



Wrapping Up

Time: 15 minutes

Materials Needed: Make New Friends lyrics (optional)

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

- Field Trip Ideas:
 - Visit a local health food store.
 - Get a tour of a local gym or fitness studio.
- Speaker Ideas:
 - Invite a fitness or yoga instructor to lead exercises at your meeting and talk about the importance of staying active.
 - Invite a nutritionist to your meeting to talk about healthy food choices.



