BROWNIE MY BEST SELF BADGE - MEETING 1

Badge Purpose: When girls have earned this badge, they’ll know how to keep themselves healthy and happy.

Activity Plan Length: 1.5 hours

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Materials Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 minutes</td>
<td>Getting Started</td>
<td>□ (Optional) Girl Scout Promise and Law poster</td>
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<tr>
<td></td>
<td>• Girls recite the Girl Scout Promise + Law and sing the Brownie Smile song.</td>
<td>□ (Optional) Brownie Smile song lyrics poster</td>
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<tr>
<td>15 minutes</td>
<td>Look at Me!</td>
<td>□ Construction paper</td>
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<td></td>
<td>• Girls will make a self-portrait.</td>
<td>□ Coloring utensils</td>
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<tr>
<td>15 minutes</td>
<td>My Plate</td>
<td>□ My Plate worksheet (one per girl)</td>
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<td></td>
<td>• Girls will learn about what makes a healthy and balanced meal.</td>
<td>□ (Optional) Computer with internet access or books on nutrition</td>
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<tr>
<td>20 minutes</td>
<td>What’s for Dinner?</td>
<td>□ Construction paper</td>
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<td></td>
<td>• Girls will plan a healthy meal for their family.</td>
<td>□ Scissors</td>
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<td>□ Glue</td>
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<td></td>
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<td>□ Magazines</td>
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<td></td>
<td></td>
<td>□ Coloring utensils</td>
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<tr>
<td>15 minutes</td>
<td>Snack Chat</td>
<td>□ Healthy snack</td>
</tr>
<tr>
<td>10 minutes</td>
<td>Wrapping Up</td>
<td>□ (Optional) Make New Friends song lyrics poster</td>
</tr>
</tbody>
</table>

Getting Started

Materials Needed: (Optional) Girl Scout Promise and Law poster and (optional) Brownie Smile song lyrics poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law, and sing the Brownie Smile song.

Activity #1: Look at Me!

Badge Connection: Step 1 — Get to know your body

Materials Needed: Construction paper; coloring utensils

1. Have each girl draw a picture of herself. She can draw her eyes and hair color and even her favorite outfit.
2. Ask the girls to share their pictures with the group. As girls show their drawings, have them share one thing about themselves that makes them special.
Activity #2: My Plate

Time: 15 minutes

Badge Connection: Step 2 — Eat and play in a healthy way
Materials Needed: MyPlate worksheet (one for each girl)
Prep Needed:
- Make copies of the MyPlate worksheet (one for each girl).
- Optional: The US Department of Agriculture updated the food pyramid to MyPlate. If you haven’t already, familiarize yourself with MyPlate food guide on the USDA website (https://www.choosemyplate.gov/) or check your local library for resources on healthy nutrition.

1. Discuss what food groups make up MyPlate. Brainstorm a list of foods for each food group.
2. Write down foods for each group on the MyPlate worksheet.

Activity #3: What’s for Dinner?

Time: 20 minutes

Badge Connection: Step 2 — Eat and play in a healthy way
Materials Needed: Construction paper; scissors; glue; magazines; coloring utensils

1. Have the girls plan a healthy meal for their family using what they have learned. They can cut pictures of food from magazines or draw their own to create their own healthy meal.
2. Each girl can create a MyPlate for her family.

Activity #4: Snack Chat

Time: 15 minutes

Badge Connection: Questions link to multiple badge steps
Materials Needed: Healthy snack

1. While enjoying a healthy snack, here are some things for girls to talk about:
   - What are your favorite healthy foods to eat?
   - What can you do when you are scared to try a new food?
   - What is your favorite sport to play?
   - Name something that makes you unique.

Wrapping Up

Time: 10 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

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

- Field Trip Ideas:
  - Go to an art museum and look at self-portraits by other artists.
  - Visit a local health food store or co-op.
  - Go to a local cooking school.

- Speaker Ideas:
  - Invite a chef, cook, farmer, or gardener to your meeting to talk about growing and cooking healthy foods.
  - Invite a nutritionist or dietician to your meeting to talk about their job and how they help people make healthy eating and lifestyle choices.