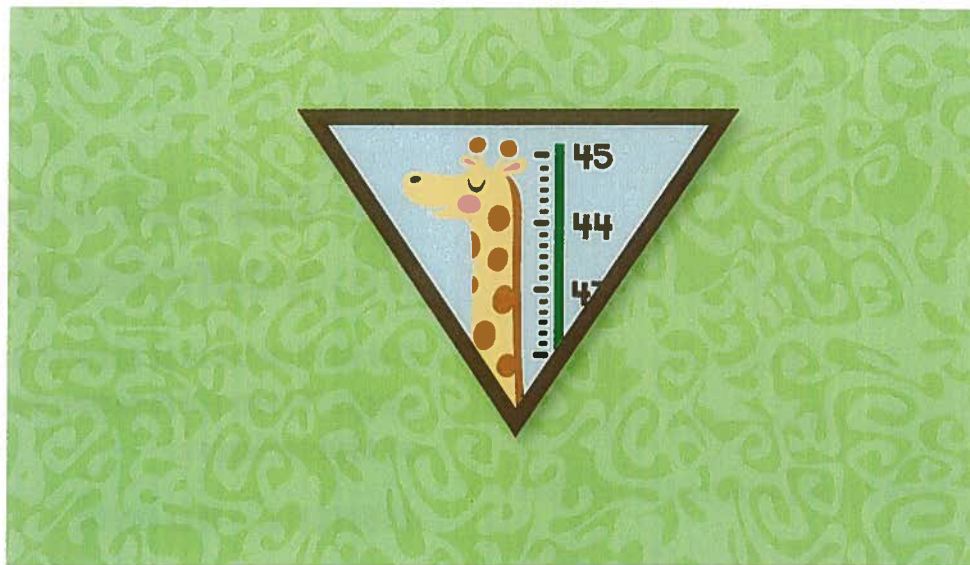




You have a better time and look prettier, too, when you know how to keep yourself well and strong.

—Brownie Scout Handbook, 1951



My Best Self

We only get one body, so it's important to take care of it! Learn to pay attention to what your body needs and how to ask for health help if you need it—so you can keep yourself feeling great.

Steps

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

Purpose

When I've earned this badge, I'll know how to keep myself healthy and happy.



Yes, everybody is different. But we all want to be liked. We all feel unhappy if people are unfair to us, or if we are left out of things. We are all the same in important ways!

—Brownie Girl Scout Handbook, 1963



STEP

1 Get to know your body

Every step has three choices. Do ONE choice to complete each step. Inspired? Do more!

Fill in the boxes about your “elf self” on the next page. Then add more fun details to the chart in one of these ways.

CHOICES – DO ONE:

- ☐ **Color in your eyes, hair, and favorite clothes.** Share your elf self with your Brownie friends.

FOR MORE FUN: Find out the meaning of your name, as girls did to earn the Scribe badge in 1940. Write the meaning in the details box!



OR

- ☐ **Write on your elf self where you feel happy, hungry, tired, nervous, sad, angry, and thirsty.** Do you get butterflies in your stomach when you’re nervous? Do you get a big smile when you’re happy?

OR

- ☐ **Share how you’re unique!** Some people have blue eyes, some brown; some have curly hair, some straight. People are interesting because they are different! Talk about the differences in your group’s “elf selves.”

FOR MORE FUN: Can you roll your tongue, cross your eyes, or wiggle your ears? Find these differences, too.

More to Explore

Make a life-size “me chart.” Tape pieces of paper together to form a large sheet. Then lie on your back and ask another girl to trace around you. You could even get traced in a pose from a favorite activity—perhaps a dance move or a jumping jack?

My Elf Self



height

eye color

hair color

skin color

length of my arms

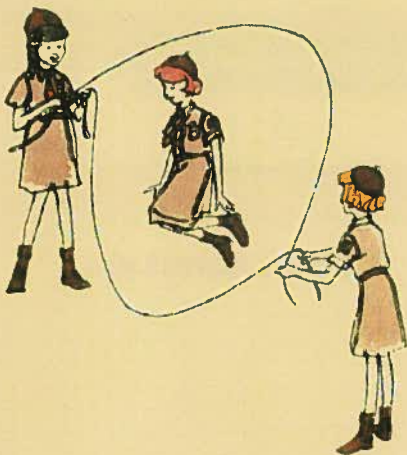
length of my legs

details about me



jump in a jump

Did you ever jump rope this way? The jumper's rope has to be shorter than the one held by the two girls. Both ropes are turned in the same direction at the same time.



double rope jump

This is for jumpers and turners who are really good. The turners use two ropes, one a little shorter than the other. First you turn one rope, then the other. You turn the rope in your right hand toward the left. Then you turn the rope in your left hand toward the right.

—Brownie Girl Scout Handbook, 1963

STEP 2

Eat and play in a healthy way

First, look over the government food pyramid, which helps people know how to eat and exercise right. Then, use what you learn to add a healthy habit to your life. Get started in one of these ways.

CHOICES – DO ONE:

- ☐ **Try three new foods that are good for you.** Pick them from different food groups. Talk with your Brownie friends about what they taste like, and decide on a way to eat them more often.

FOR MORE **FUN**: Learn why three different vitamins are important for your body.

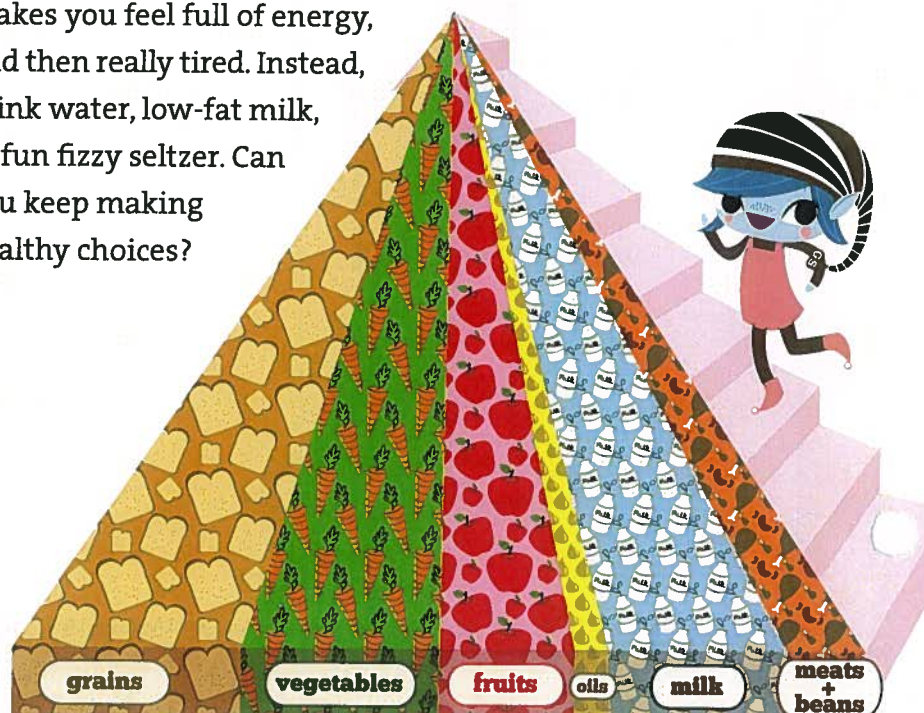
OR

- ☐ **Try three different kinds of exercise, such as jumping rope, playing soccer, or riding a bike.** Do each one for 20 minutes, and choose your favorites. How could you do it three times a week?

FOR MORE **FUN**: Have a workout party with friends.

OR

- ☐ **Take a thirsty challenge.** Try not to drink sweetened juice or soda for one week. These drinks have added sugar that makes you feel full of energy, and then really tired. Instead, drink water, low-fat milk, or fun fizzy seltzer. Can you keep making healthy choices?



STEP 3

Find out how your body works



Learn to spot clues that tell you when you need to take especially good care of yourself.

CHOICES – DO ONE:

- ☐ **Talk about three common reasons your “tummy” might hurt.** What you might call your “tummy” or “stomach” is what doctors call your “abdomen.” What parts of it can act up and why? When you ask for help, it’s good to have an idea of what might be wrong!

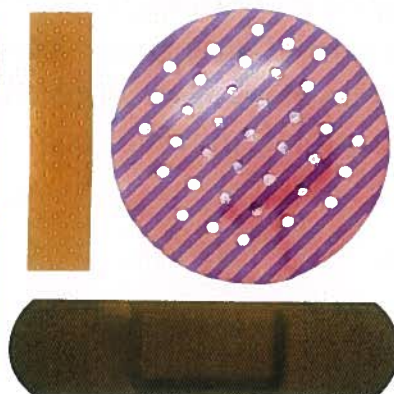
OR

- ☐ **Learn about a healthy temperature.** When your temperature changes from a normal 98.6 degrees, it can mean you’re sick. Team up with an adult to take your temperature, and learn two reasons why a temperature would be high, and two reasons it might be low.

OR

- ☐ **Find out about bandages.** Look at five different sizes, shapes, and colors of bandages. Why are they different? What would you cover with each one? Then learn and share one fact about how your body makes its own bandages.

FOR MORE FUN: Talk about what you can use if you are hurt and don’t have a bandage.





Feelings Faces

MORNING	AFTER SCHOOL	BEFORE BED

Monday

MORNING	AFTER SCHOOL	BEFORE BED

Tuesday

MORNING	AFTER SCHOOL	BEFORE BED

Wednesday

MORNING	AFTER SCHOOL	BEFORE BED

Thursday

MORNING	AFTER SCHOOL	BEFORE BED

Friday

STEP

4 Know what to do if something bugs you

Sometimes, you get a stomachache because you're nervous. Or you might feel shy when you're sad or have a hard time sleeping when you're angry. Luckily, there are things you can do to feel happy if something is bugging you!

CHOICES — DO ONE:

- ☐ **Create a "happy box" with five things that make you smile.**

Find a box or bag. Fill it with your favorite books and toys, soft things to hug, or photos of happy times or people you love. The next time you feel worried or upset, get out your box and smile.

OR

- ☐ **Each day for one week, draw your "feelings faces."** Do this in the morning, after school, and before you go to bed. Which time of day is your happiest? Why? Talk with your family, a teacher, or a librarian about how to make more times happy. Maybe by reading a story or playing catch?

FOR MORE FUN: Share one of your pictures with your group and talk about why you drew that face.

OR

- ☐ **Moving helps our bodies feel happier.** When something bugs you during the next two weeks, try a fun movement—like skipping, hula hooping, or jumping jacks—for five minutes. Talk with a friend about which ones make you feel best. Keep notes so you can use them later!

STEP

5 Meet a health helper

Sometimes you need someone else to help you stay healthy! Find out who can help you in your community.

CHOICES – DO ONE:

- ☐ **Visit a doctor, dentist, or optometrist.** Go to their office or invite them to speak to you. Ask what they do during an exam and how they help you stay healthy.

OR

- ☐ **Visit with a school nurse or counselor.** Find out what they do for students. What are some reasons students might need help?

OR

- ☐ **Meet someone who works in an ambulance.** Find out what happens if someone has to go to the hospital in an ambulance. You might team up with an adult to see if an ambulance can come to your meeting.

Brownies find many things to make them happy and thankful. So much is going on in the world all about you that you can have an adventure at meetings and every day of your life.

—Brownie Girl Scout Handbook, 1963

Words Worth Knowing

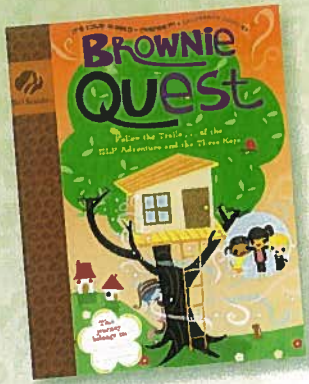
An **OPTOMETRIST** is a health helper who knows all about eyes.



I love peanut butter on toast!

I'm my best self when I've had enough sleep!

I'm really happy when I'm swinging on a swing!



Add the Badge to Your Journey

In step 2, enjoy a healthy recipe from *Brownie Quest*! You could help your family try your three new exercises, too.

Now that I've earned this badge, I can give service by:

- Helping my family try a new healthy food
- Sharing fun new exercises with a friend
- Teaching other Brownies healthy ways to get happy if they're feeling down



I'm inspired to: