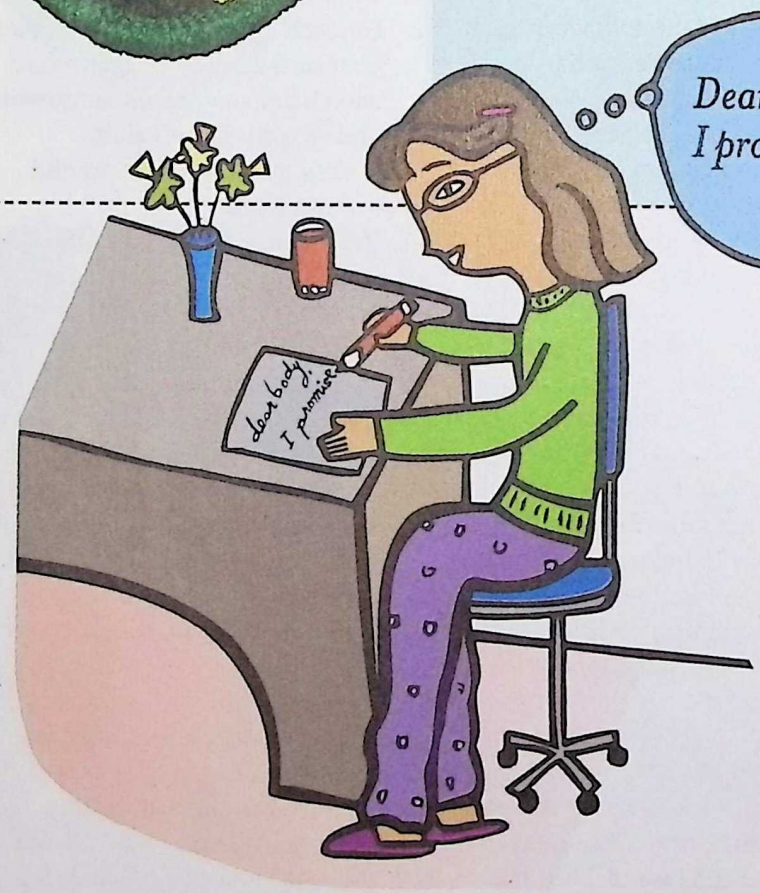
Highway to Health

With this badge you will learn to listen to your body and what it's trying to tell you—it's the best way to be on the highway to health!





1. Sincerely, Your Body

What would your body say if it had a chance to talk? Write a letter to yourself as if your body were doing the talking. It could say things like: "If you want me to have energy to do all my homework, dance, play soccer, and hang out with friends, then I need to get more sleep!" Or, "What were you thinking, eating all that junk food before a test!"

2. Healthy Steps

With a group of at least three friends, brainstorm a list of five healthy habits. Then brainstorm a list of five unhealthy habits. Write each habit on a piece of paper and place it in a bag.

1. Mark a starting point on the floor, using tape or a rope. Players start with their toes on the line. Pick a piece of paper out of the bag and read it aloud. Is it a positive habit—and something you do? Take one step forward. Don't do it? Take one step backward. Is it a negative habit—and something you do? Take one step backward. Don't do it? Take a step forward.
2. After you have read each habit, notice where everyone is standing. Discuss steps to take to improve healthy habits and try three of them for a month.

3. Sleepy Head

If you don't get enough sleep, you won't have the energy to make it through the next day. Find out what happens to your body when you sleep and what happens when you don't get enough sleep.



4. Germ Busters

Germs cause disease. Learning how to keep your hands clean is one way to stay healthy. (Germs are often found on your hands.) You need at least three other friends to do this with you. You will need cooking oil, cinnamon, access to a sink to wash hands, and measuring spoons (teaspoon and tablespoon).

1. Rub one tablespoon* of cooking oil all over your hands.
2. Sprinkle one teaspoon* of cinnamon all over your hands. The cinnamon represents the germs.
3. Wash your hands briskly for 20 seconds as follows:

Girl #1: washes hands with cold water and no soap
Girl #2: washes hands with warm water and no soap
Girl #3: Washes hands with warm water and soap

Which is the best way to wash your hands if you want them to be germ free? What was the most surprising thing you learned about washing your hands?

5. Eating on the Run

Look through your *Junior Girl Scout Handbook* for healthy snack recipes and try making some. Or get some recipes from a cookbook or online.

6. Don't Explode

Fighting with your sister, moving to a new place, or a divorce in your family can cause stress. How can you fight stress? Do this group activity to find out.

1. Each person gets an empty balloon. The balloon represents your body. One at a time, share what makes you feel stress. Every time someone mentions an item that you find stressful, blow once into your balloon, holding the end closed with your finger.
2. Next, each girl shares four things that help her to relieve stress. If someone mentions something you do to help reduce your stress, let some air out of your balloon for the amount of time it takes you to say "chill." Then hold the end of the balloon again with your finger.
3. Do you have air in your balloon at the end, or is it empty? What does an air-filled or empty balloon mean?



7. Stress Relief

Read the section about stress management in the "Be Healthy, Be Fit" chapter of the *Junior Girl Scout Handbook* and pick one way to help you relieve stressful feelings.

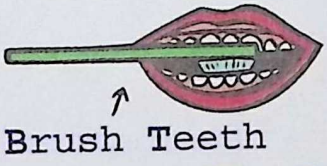
8. Mirror Mirror

You can make a mirror using a paper plate, glue, and aluminum wrap. Cut out a circle of aluminum wrap and glue it onto the center of the plate. Make sure you glue the aluminum wrap with the shiny side up so you can see your reflection. Decorate the edges of your plate. After you make your mirror, look into it and say the following, completing the last sentence:

Mirror Mirror, in my hand,
I want to be the healthiest
in the land.
To live the life that is good for me,
I will tell you what's the key.
One way I am healthy is

_____.

(Fill in the blank with your healthy idea and write it on the back of your mirror.)



9. Take Care of Your Teeth

Because you've been brushing your teeth for many years, you may think you know how to do it perfectly. But most people don't. Ask a dentist or dental hygienist for some tips on the proper way to brush and floss, and the amount of time you should spend every day. Start better dental health habits today!

10. Check Out Healthy

Regular check-ups by a doctor help you grow up healthy and strong. Make a colorful poster about the importance of regularly visiting a doctor. Find out how often girls your age need to have a check-up and include this information on your poster. Display your poster where young people and their parents can see it.

* See page 235 for the metric conversion chart.