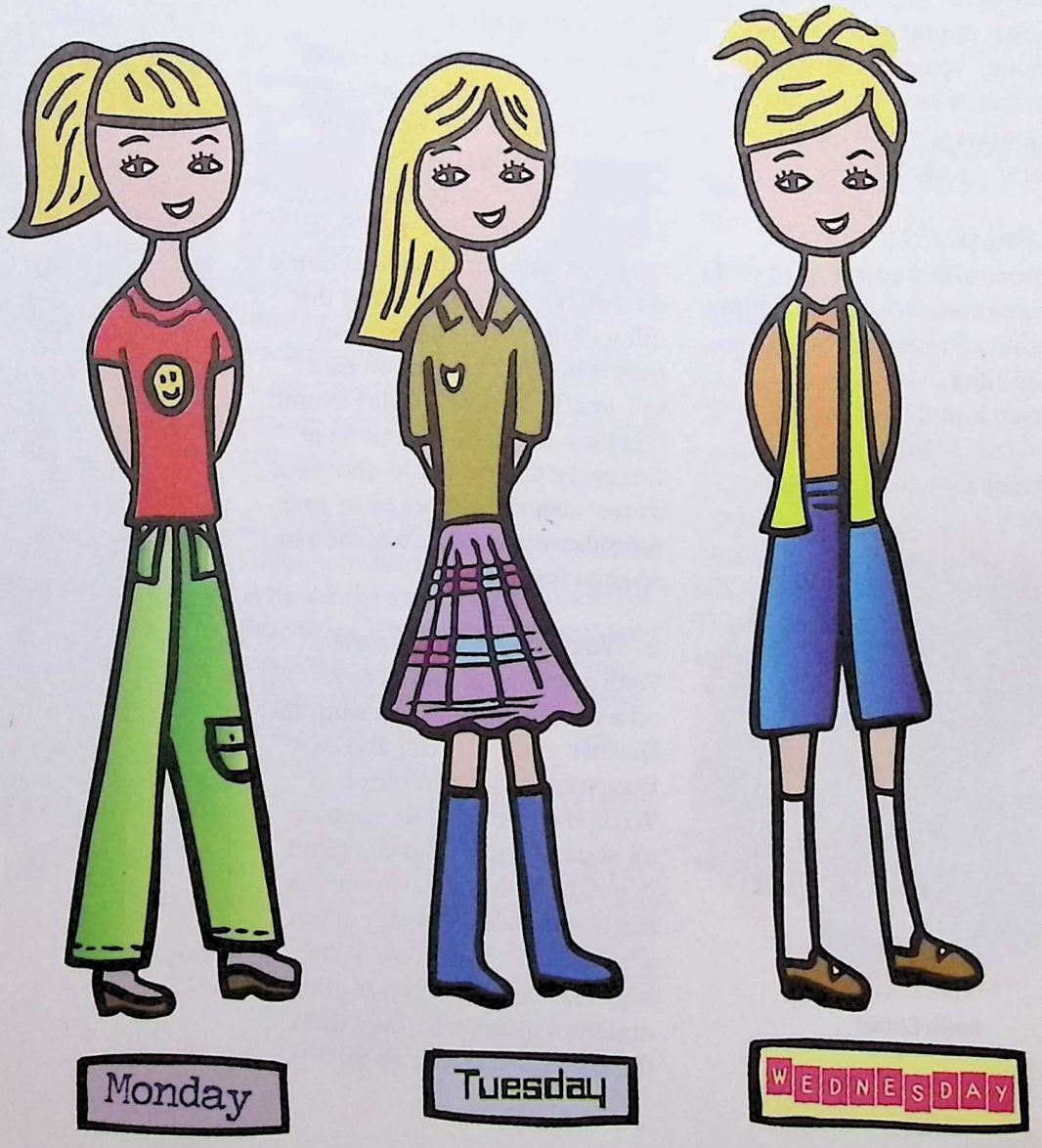
Looking Your Best



Looking your best is something anyone can do. Most of all, it involves knowing what is right for you. These activities will help you learn how to look your best.



1. Collect Tips

Create a "Looking Your Best" booklet, poster, video, or collage that includes the most important tips girls your age need to know to look their best. Get ideas from current fashion and health magazines, from the Internet, and by interviewing people who have information to share. Include health, fashion, hygiene, and nutrition tips.



2. A Personal Hygiene Routine

Create a personal hygiene routine that you can follow daily or weekly. Your routine should include caring for your skin, teeth, and hair. Consider how often each action, such as washing your hair, should be done. Learn about products that can help you, such as sunscreen, dental floss, and hair conditioner. Your plans should also include a schedule for washing and mending your clothes. Put your routines on paper and stick to them.

3. Aerobic Activities

Select a couple of aerobic activities that you enjoy. Walking, running, jumping rope, biking, skating, and dancing are examples of aerobic activities. For two weeks or more, with a friend, do an aerobic activity of your choice at least three times a week for 20 or 30 minutes. Do different types of activities so you won't become bored. You can substitute a favorite sport, as long as you are moving for at least 20 minutes.

4. Skin Care Secrets

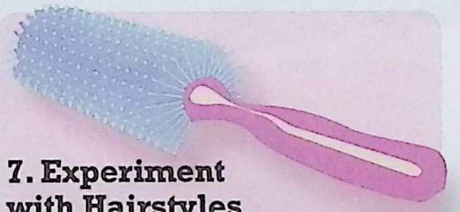
Talk to women of different ages and find out about their skin care routines. Do they use just soap and water? Lotions and potions? Have their routines changed as they got older? What secrets can they share for keeping your skin healthy?

5. Color Party

Experiment with color. With a friend, collect sizable pieces of fabric or pieces of paper in different colors. Take turns holding different colors up to your face. Decide which colors look best on each of you: lavenders and plums, corals, pinks, reds, blues and greens, or beiges and peaches.

6. Organize

Rearrange the clothes in your dresser and closet so you'll have an easier time finding just the right outfits or combinations, no matter how rushed you are. For example, you might pair tops and bottoms or organize by season or color.



7. Experiment with Hairstyles

Get together with a group of friends and try different hairstyles on each other. Get ideas from magazines, from the "It's Great to Be a Girl" chapter of your *Junior Girl Scout Handbook*, from older girls or adults—or dream up new hair creations yourselves. Each girl should bring her own hair accessories like clips, headbands, and decorative combs. Experiment with intertwining ribbons, beads, and other decorative items in your hair. Remember not to share brushes, combs, and other hair appliances, so there will be no problems with hygiene. If you can, take instant pictures or shoot a video of your new styles!

8. Create Healthy Snacks

Host a troop meeting by preparing a healthy snack to share. Here's a recipe you can try for making Pita Chips. Have an adult around to supervise.

Pita Chips

1. **Separate pita bread rounds into their two halves.**
2. **Cut each half into six to eight pieces.**
3. **Spray a cookie sheet with cooking oil for your pita bread.**
4. **Bake the pita pieces at 350 degrees* for 20 to 30 minutes, until crispy.**
5. **Sprinkle with garlic powder, cinnamon sugar, chili powder, or grated cheese.**
6. **Use them as dippers for a low-fat dip.**

9. Circle of Friends

With a group of friends, possibly girls in your troop, sit in a circle with one girl in the center. Each person will take a turn and give an honest compliment to the person in the center. The person in the center listens without saying anything. After everyone has given a compliment to her, she returns to the circle and the person on her left goes into the center. The activity continues until everyone has had a chance to be in the center.

10. Accessory Party

Experiment to see how accessories highlight your features and your outfit. Try different earrings and necklaces—long or short, big or delicate, unusual shapes or colors. How do different belts or the addition of a scarf change your look?

* See page 235 for the metric conversion chart.