



# Caring For Your *Heart*

Go Red for Women™ Heart Health Patch Program



**Juniors**

(Grades 4-5)

**Girl Scouts of Nassau County**



**North  
Shore LIJ**

# Caring For Your *Heart*

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Your heart is a muscle that pumps blood and oxygen to all parts of your body. Every minute of the day it works hard to keep you alive. To take care of your heart, it's important that you eat good foods, exercise and do not smoke.

Heart disease in women is very common, but making good choices as a young girl will help keep you in good health. By earning this heart health patch, you are showing that you care about your heart. When you're finished with this patch program you will:

- Understand how your heart works
- Learn about heart healthy choices
- Do things to keep your heart healthy
- Share with others ways that they can care for their heart

Your patch activities are explained under ***Discover, Connect*** and ***Take Action*** – the Three Keys to Leadership in Girl Scouts. To earn a patch, Juniors should complete four (4) activities, with at least one from each category.



This patch program was created by the North Shore-LIJ Health System's Division of Cardiovascular Services, the American Heart Association and the

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Girl Scouts of Nassau County to teach you how to take care of your heart. When you finish, you will earn a patch in the shape of a red dress. You might recognize it because the dress stands for women and heart disease. The American Heart Association uses the red dress in their Go Red for Women™ movement that teaches people about heart disease in women.

When you are finished with your heart health activities, review them with your troop leader. She will complete an activity report and order your new Go Red for Women™ Heart Health Patch.

*Congratulations on taking good care of your heart!*

Girl Scouts of Nassau County  
[www.gsnc.org](http://www.gsnc.org)  
(516) 741-2550

North Shore-LIJ Health System  
[www.northshorelij.com](http://www.northshorelij.com)  
(516) 562-2351

American Heart Association  
[www.americanheart.org](http://www.americanheart.org)  
(516) 450-9131



# Discover

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**Food Pyramid:** For one day keep a list of everything you eat. Compare the list with the Food Pyramid in the *Caring for Your Heart Journal* (PDF). Which food groups did you eat from? Did you eat too many or too little foods from a group? Talk about it with your troop or family. Set a heart healthy goal for what you will eat tomorrow.

**Learn from an Expert:** Invite a doctor, nurse, medical technician or any healthcare professional to speak at your troop meeting. Ask them things you can do to keep your heart healthy.

**Visit the Library:** Go to the library and take out a book about a female athlete. Read the book with your family or troop. Talk about things that an athlete does to keep healthy.

**Love Your Heart Journal:** Print a *Caring for Your Heart Journal* (PDF) and explore your heart health. Make your journal your own by coloring and decorating it. Explore the information and activities with your family or your troop.

*Create your own Discover activity!*



# Connect

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**Alphabet Game:** As a troop sit in a circle. Start the alphabet game by saying “A is for Asparagus.” Continue around the circle naming a fruit or a vegetable that starts with b, and continue through the alphabet. Your troop leader can help if you get stuck on a letter of the alphabet. At the end of the game, talk about the importance of eating fruits and vegetables.

**Help Your Heart...Don't Smoke:** As a troop or with your family, make a colorful poster with pictures or drawings that shows the bad things about smoking. Discuss it with your troop and your family.

**What's on Your Dinner Plate:** With your troop cut out pictures of healthy foods from magazines. Glue the pictures onto a paper plate to show what you would include in a healthy dinner. Talk about your heart healthy choices with your troop and your family

**Snack Wisely!** With the help of your troop leader or with your family, make a heart healthy snack. After you taste it, talk about it. What did you like about it? Why is it a healthy snack?

*Create your own Connect activity!*



# Take Action

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**Heart & Sole:** Make a poster that shows how walking and exercise is good for your heart. Share your poster with your troop. Then, go to a local business (supermarket, hair and nail salon, gym, and mall) and ask them to hang your poster so that others can learn from your poster.

**Get the Word Out:** As a troop, create a commercial, song, poem, puppet show or skit with a message explaining the importance of heart healthy living. For example, it could be a commercial for a healthy food, a song about exercise, or a poem about your heart. Perform it for your troop and their family members.

**Get Moving!** With your troop talk about other things you can do besides watching TV, playing video games, or computer games. For one week keep a diary of activities you did instead. Share your diary with your troop or family.

**Jump Rope for Heart:** Check with your school to see if they participate in the American Heart Association's "Jump Rope for Heart" event. If so, decorate a t-shirt and wear it that day to show that you want to have a healthy heart.

**Wear Red on National Go Red Day:** The first Friday in February is National "Go Red" day. Wear red and promise to eat healthy and exercise. Invite one woman that you love to join you!

*Create your own Take Action activity!*

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*Setting New Standards In Healthcare<sup>SM</sup>*





# Caring For Your *Heart* Journal

Go Red for Women™ Heart Health Patch Program



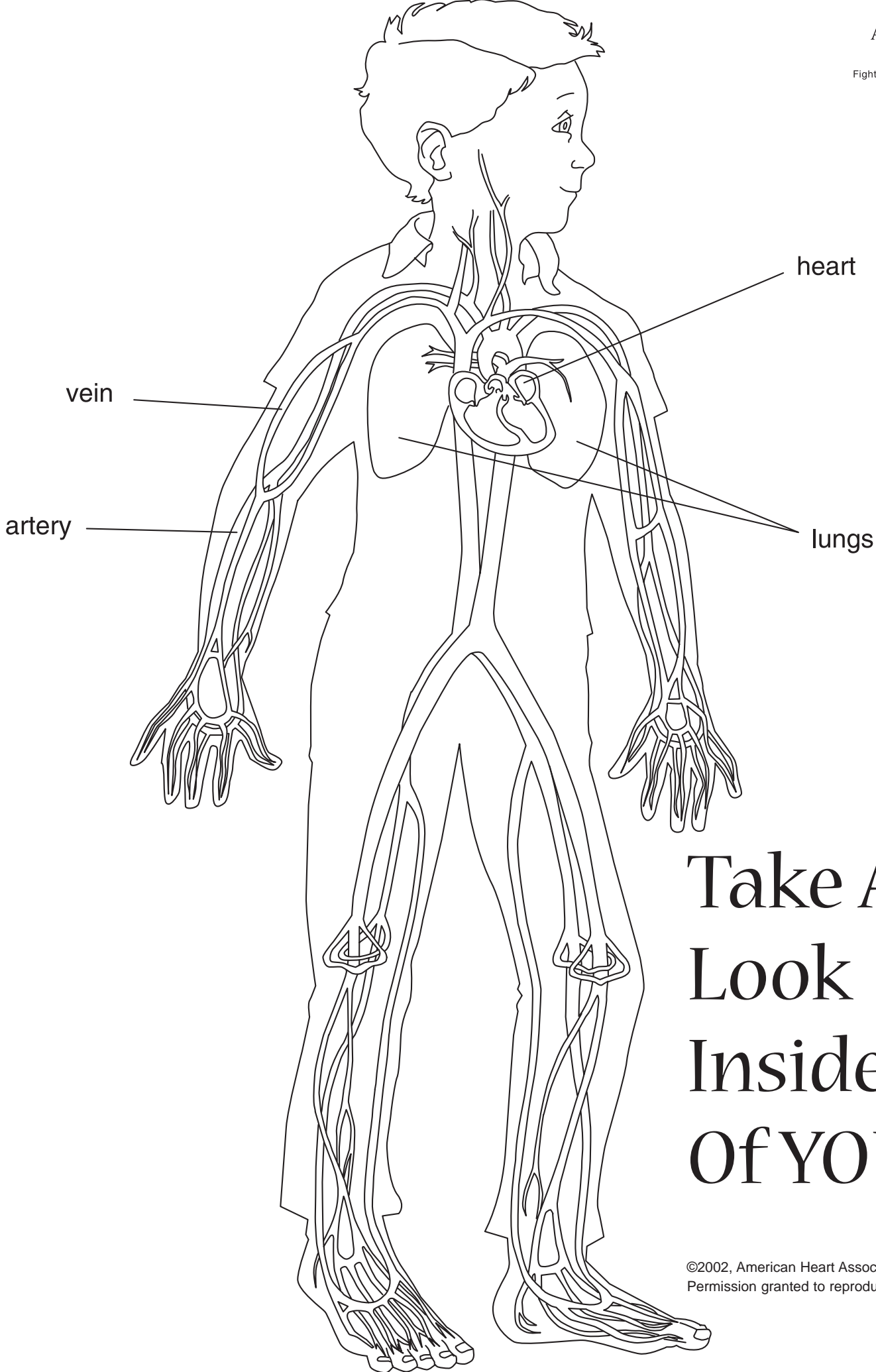
**Juniors**

(Grades 4-5)

**Girl Scouts of Nassau County**

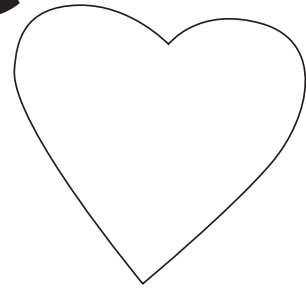


**North  
Shore LIJ**



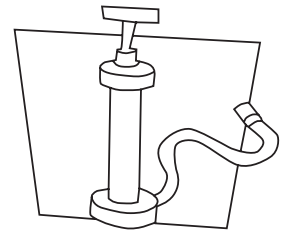
# Take A Look Inside Of YOU!

# Find Your Way to Heart Health

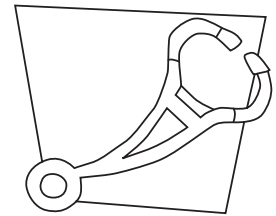


Draw a line to the picture that finishes each sentence. Then write the word.

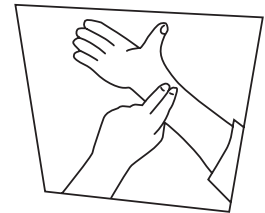
1. A doctor checks your heart with a \_\_\_\_\_.



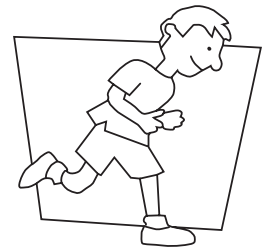
2. Your heart is a \_\_\_\_\_.



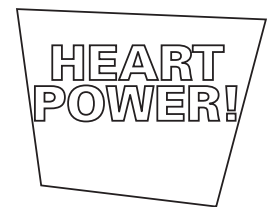
3. Your heart pumps blood faster when you are \_\_\_\_\_.



4. Your heart beats more slowly when you are \_\_\_\_\_.



5. You can feel your heart pump blood.  
You can feel your \_\_\_\_\_.



6. If you take good care of your heart, you will have \_\_\_\_\_.



NAME \_\_\_\_\_

# How Muscles Work

Write **C** below the muscle that is contracting.

Write **R** below the muscle that is relaxing.



\_\_\_\_\_



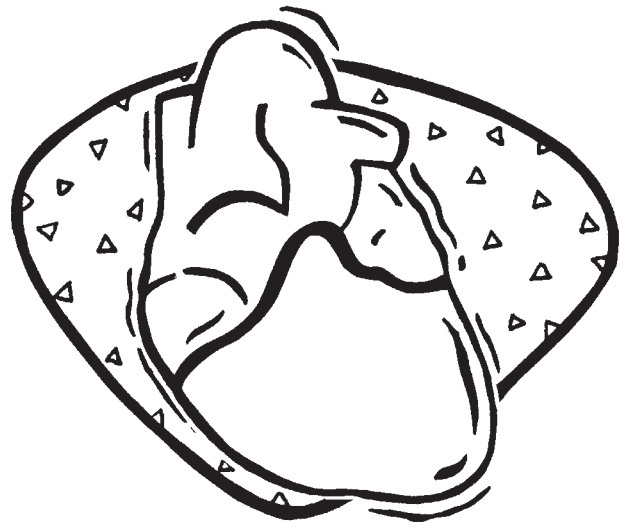
\_\_\_\_\_

Write **V** below the voluntary muscle.

Write **I** below the involuntary muscle.



\_\_\_\_\_



\_\_\_\_\_

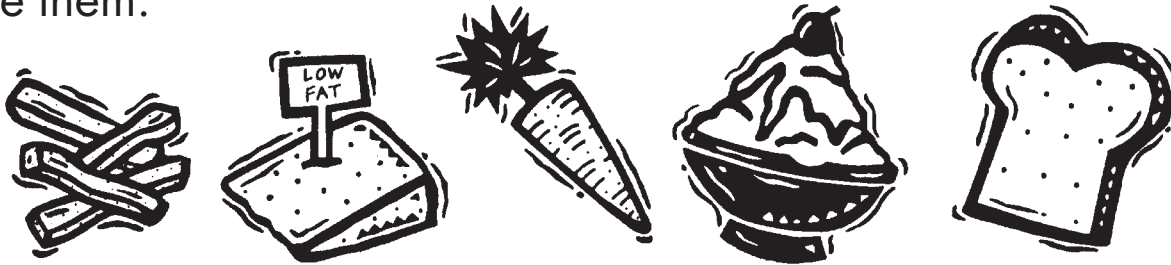
NAME \_\_\_\_\_

# Making Healthful Choices

Choose three foods that would make the **most** healthful breakfast.  
Circle them.



Choose three foods that would make the **most** healthful lunch.  
Circle them.



Choose three foods that would make the **most** healthful snack.  
Circle them.



Choose three foods that would make the **most** healthful dinner.  
Circle them.



# Break The Heart Code

This message tells you how to have a healthy heart. Change each letter to the one that comes just before it in the alphabet.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Z P V      D B O      I B W F      B

I F B M U I Z      I F B S U,      J U' T

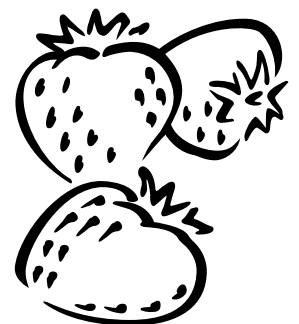
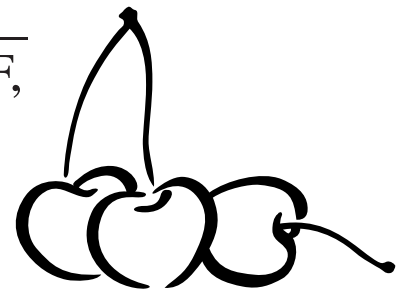
B T      F B T Z      B T,      P O F,

U X P,      U I S F F!      F B U

I F B M U I Z      T U V G G,      N P W F

B S P V O E      F O P V H I,      M J W F

U P C B D D P      -      G S F F!





NAME \_\_\_\_\_

# Healthy-Heart Menus

Write the names of foods that you think would make healthful menus for breakfast, lunch, dinner, and snacks.

**\*\*\* Breakfast \*\*\***

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**\*\*\*\*\* Lunch \*\*\*\*\***

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**\*\*\*\*\* Dinner \*\*\*\*\***

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**\*\*\*\*\* Snacks \*\*\*\*\***

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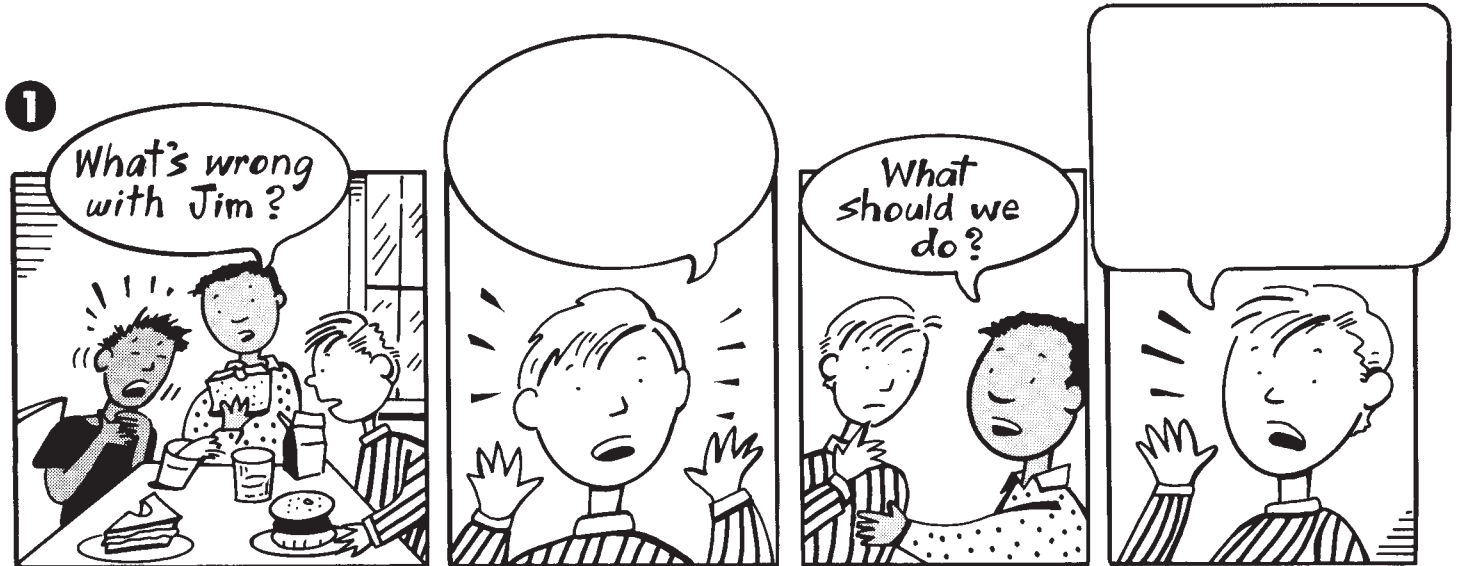
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# Emergency I.Q.

Can you keep a cool head in an emergency? Test your Emergency I.Q. by filling in the dialogue in each story strip below. Remember to use the information you have learned about medical emergencies.





# Caring for your *Heart*

## Patch Order Form & Activity Report



Leader/Contact Name: \_\_\_\_\_ Email: \_\_\_\_\_

Troop # \_\_\_\_\_ Program Level: (circle one) Daisy Brownie Junior Cadette Senior

Address: \_\_\_\_\_ City: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Number of girls who earned this patch: \_\_\_\_\_

**Thank you for helping your troop earn the Go Red for Women™ Heart Health Patch. We believe that each girl reached by this program brings us a step closer to promoting a healthier generation of women. Please help us by sharing your thoughts on how we might improve this program.**

What did the girls enjoy most about this program? What did they enjoy least?

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Would you recommend it to other Girl Scout troop leaders? Why or why not?

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What would you do to improve this program for future leaders and Girl Scouts?

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Email photos of your troop participating in the **Go Red for Women™ Heart Health** activities to [ccolvell@nshs.edu](mailto:ccolvell@nshs.edu). Pictures may be featured on the North Shore-LIJ Health System, American Heart Association and/or the Girl Scouts of Nassau County websites and publications.

Funding for this patch has been provided by the North Shore-LIJ Health System. [www.northshorelij.com](http://www.northshorelij.com)



Long Island/Queens  
Go Red for  
Women Sponsor.



Go Red™ of AHA, Red Dress™ of DHHS

