



February is Black History Month

DAISIES • BROWNIES • JUNIORS



The 2022 Black History month theme considers what steps can be taken to improve your health and wellness. It's important to our health and wellness to find positive ways to deal with stress and understand how we can eat in a healthy way that is good for our well-being. Don't forget to ask an adult for help with some of these tasks if you need it.

LEVEL: DAISY, BROWNIE, JUNIOR

Complete three of the five following Health and Wellness activities. Adults, help your Girl Scouts do her activity of choice.

1. Finger Breathing

You will need a piece of paper and a pencil. Have the participant trace their hand on the piece of paper. Guide the participant as they are tracing their hand to breathe in as they draw up the side of their finger and breath out as they draw down the other side of their finger. Continue breathing in and out till the entire hand is traced. Ask participant how they are feeling and do they feel more relaxed.

2. Making Silly Putty

Squeezing something gooey can be funny and relaxing and silly putty can help with that. You will need 1 cup of cornstarch, 1/2 cup of water, and some food coloring if you want the putty to have a particular color. Put the cornstarch into a bowl. Slowly add the water, mixing with your fingers until all the cornstarch is wet. Add a few drops of food coloring if you like. Invite your child to help you mix the whole batch thoroughly. If the mixture is too sticky, add some cornstarch; if it's too dry, add a little water. You should have a putty-like, pliable mix that's fun to squeeze and roll. When you've mixed it, give your child the ball and have her squeeze it repeatedly.

3. Multiple Moves

Staying active not only promotes strong muscles and bones, it also helps with stress reduction, mental health, and even a better quality of sleep.

You will need index cards or enough paper to make 20 small cards and markers. Using index cards or 10 small pieces of paper, write one movement on each card (e.g., jumping jacks, spins, hopping on one foot, touching toes, reaching for the sky, etc.). Take the next 10 index cards or pieces of paper, write the numbers 1-10 (one number per card). Set the cards (numbers and movements) next to each other facedown. Have the participant take a card from each pile and complete the movement for the number of times specified on the card. You can play this game with your child or other children. Continue going through the cards till you are done. You may use a timer to see how many repetitions you can get through in a few minutes.

4. Healthy Meal Planning

Help your child to complete this activity by looking through grocery ads, cutting out different foods, and making a healthy meal on a paper plate. Explain that fruits, vegetables, milk products, grains, and meat help our bodies grow to be healthy and strong. You will need grocery ads, scissors, a glue stick, and a paper plate. Have your child cut out pictures of many different kinds of foods from the grocery ads. From the cut-out foods help your child place the healthy foods in a pile and the non-healthy foods in another pile. Ask your child to make a healthy dinner on a paper plate by picking some foods from the healthy foods pile and gluing them onto the paper plate to make a complete meal. Talk to her about the choices she makes and ask her questions

about why she thinks her meal will be nutritious and delicious.

5. Eating the Rainbow

Eating a rainbow helps your body get a complete range of nutrients. Choosing a variety of different-colored whole foods throughout the day and week. The more naturally occurring colors on your plate at each meal or snack, the better. It does not mean making a rainbow with artificially colored foods (gummy snacks, soda popsicles, etc.) Fruit and vegetables get their color from naturally occurring nutrients. Practicing eating the rainbow before dinner, draw a rainbow on a sheet of paper. Bring your drawing, a pencil and some scratch paper to the dining table. Look for food on the table to match each color on your rainbow. Write down which colors are missing. Make a list of foods that would fill in the missing colors. Then add these to the weekly shopping list.

RED: Apples, red cabbage, red onion, red peppers, strawberries, tomatoes, cherries, watermelon

ORANGE/YELLOW: Cantaloupe, carrots, butternut squash, lemons, mango, oranges, papaya, peaches, pineapples, pumpkin, sweet potatoes, yellow peppers

GREEN: Asparagus, bok choy, broccoli, cabbage, collards, cucumbers, grapes, green beans, green peppers, honeydew, kale, peas, spinach

BLUE/PURPLE: Dark beans, eggplant, beets, blueberries, blackberries, figs

WHITE: Ginger, jicama, onions, mushrooms