

Girl Scouting at Home

DO IT!

Girl Scout Daisy
Courageous and Strong
Petal, Girl Scout Brownie
My Best Self Badge *or*
a Healthy Living
Fun Patch for all Levels



Courageous
and Strong



Instructions: To earn your Daisy Strong and Courageous petal complete steps one, two and four. To earn your Brownie My Best Self badge complete all four steps. To earn a healthy living fun patch of your choice complete steps two and four.

1. Everyone is made of slightly different DNA given to them by their parents. DNA stands for deoxyribonucleic acid. Your DNA determines everything from your eye color and your height to your fingerprint and how your body functions. Even identical twins are little bit different from one another. Our bodies are machines that allow us to do everything we have to do and want to do, from breathing and eating, to thinking, moving, talking and laughing!

Answer the following questions to reveal what you love and appreciate about your body most.

- What can you do with your body that makes you happy?
 - Can you use your body to help other people?
 - What do you appreciate the most about your body?
2. Exercise of any kind strengthens muscles, especially your heart muscle. It also gives you energy, promotes a happier mood and increases your ability to concentrate. Learn and practice basic stretching poses and calming breathing techniques from Tina by participating in this Femcho* demonstration at <https://youtu.be/BgnDYZOE9Xs>
Make a promise to yourself to stretch every morning for a week. Cross out one pose for each time you stretch.

continued



girl scouts
of nassau county



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3. Watch this *SciShow Kids Use Your Brain!* episode to learn how your brain works. List two things you learned from this video that you did not know or find most interesting.
<https://www.youtube.com/watch?v=b79xio8qgiY>

1. _____
2. _____

4. Knowing what to do at the very moment that something goes wrong or just really bugs you is a skill you will need your whole life. It's a skill that can and does save the day! Self-care is all about incorporating strong and courageous behaviors when you don't necessarily feel strong and courageous. Practice the breathing technique depicted below once a day for a week. When something bugs you... stop, breathe then get some exercise, get or give a hug or turn the music up and have your own dance party. After you've done all of that for at least 20 minutes, gather your thoughts and talk to a trusted friend or adult to figure out how you can resolve whatever it is that is bugging you.

Cross out one handprint below, every time you practice this breathing technique.



Image courtesy of MyChild at CerebralPalsy.org

Congratulations!

Badges and patches are available for purchase at the GSNC Shop when we reopen.

