

# Healthy YOU Patch Program

This patch, in partnership with our friends at Healthy Blue NE, is all about helping you explore healthy habits and how to feel good about yourself.



## How to earn the patch:

- Daisies & Brownies complete Steps 1 and 2.
- Juniors complete Steps 1-3.
- Cadettes, Seniors, and Ambassadors complete Steps 1-5.

## Step 1 – Get Moving

Being healthy starts with getting our bodies moving! Spend 30 minutes doing something active for seven days (the days do not have to be in a row).

### *Examples:*

- Take a family walk or hike.
- Play a sport with friends (basketball, football, softball, soccer).
- Go on a bike ride.
- Swim laps at the pool.

## Step 2 – Eat Right

Eating healthy is an important part of caring for our bodies. Complete at least two activities from the list below.

- Try a new, healthy snack.
- Eat one fruit or veggie at every meal.
- Substitute a sugary snack (candy/cookies/ice cream/cake) with a piece of fruit.
- Help prepare the weekly dinner menu, include healthy options.
- Eat a fruit or veggie from every color of the rainbow.
- Drink water instead of soda/juice for one day.
- Talk with an expert or family member to come up with your own healthy eating activity.

## Step 3 – Be the Best You

There are many ways to express yourself: your voice, body language, clothes, hair. There is no right or wrong way to tell people about yourself. Everyone is different and that is okay. In this step, think about how what you say and do expresses how you feel on the inside and try one of the examples below.

### *Examples:*

- If you are having a happy day wear something that reflects your mood. If you are having a hard day wear a favorite shirt or outfit that helps you feel better.
- Have an important event, meeting at school, or a job interview? Dress for success. If you feel and dress confident, people can tell.
- Do your friends dress differently? Give them a compliment.
- Notice your body language today! Do you hold your arms differently when talking to your best friend vs. a teacher? Can shifting your body language in a conversation shift the way a conversation is going?



## Step 4 – Believe in Yourself

Being confident in who you are is important at any age. Your friends may not have the same interests as you or they may not share the same beliefs, and that's okay.

Explaining who you are, and why you like the things you do can open your friends' eyes to new things and teach them it is okay to be different. It is also important to allow your friends to do the same. Who knows, you may learn you like something new? Complete at least one activity from the list below.

### *Examples:*

- Play a sport or enjoy a particular activity? Invite your friends to watch or participate in that sport or activity. Explain it to them and share your love of that activity with them.
- Introduce your friends to your religious/spiritual beliefs and ask your friends to do the same.
- Do you and your friends have different friends? Explain what you like and appreciate about those friends. Maybe they have never thought of those characteristics. Look for an opportunity to bring your friends together around a shared activity or interest.
- Invite a friend (who isn't in Girl Scouts) to a Girl Scout event or activity so they can learn why you love being a Girl Scout!



## Step 5 – Explore and Express Your Emotions

Spend a week reflecting on your emotions and what impacts your emotion. Keep a written journal for a week using at least one of the prompts below.

- Keep a gratitude journal for a week and list at least five things you are thankful for each day.
- Did eating healthy and moving your body (steps 1 and 2) have a positive impact on your emotions? If so, in what ways? Journal how eating healthy and being physically active made you feel for a week.
- How did you believe in yourself? How did you show those close to you about your beliefs? Did expressing who you are make you feel good? What else can you do to encourage supporting what you like and believe in?
- Keep a journal reflecting on the emotions you felt each day for a week. You can use this Feeling Wheel to name at least two or three specific emotions you felt each day.



## Want more?

**Check out these badges to continue learning how to be your healthiest YOU!**

- Brownie Badge: My Best Self
- Junior Badge: Staying Fit & Practice with Purpose
- Cadette Badges: Eating for You & Science of Happiness
- Ambassador Badges: Cross-Training & Women's Health

## Claim Your Free Patch!

Patches are free for registered Girl Scout Spirit of Nebraska girl members when you [let us know](#) you have completed the program.

