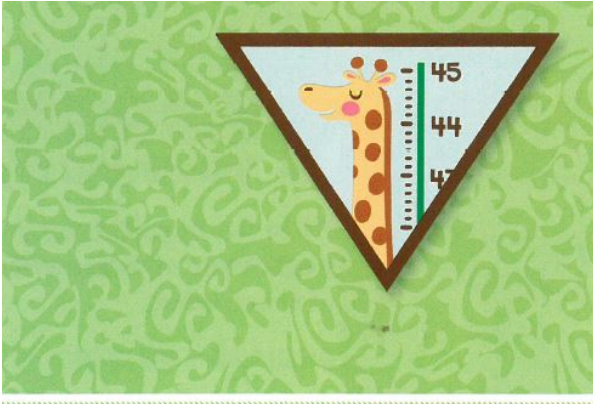


BROWNIE BADGES TO DO AT HOME



My Best Self

We only get one body, so it's important to take care of it! Learn to pay attention to what your body needs and how to ask for health help if you need it—so you can keep yourself feeling great.

Steps

1. Get to know your body
2. Eat and play in a healthy way
3. Find out how your body works
4. Know what to do if something bugs you
5. Meet a health helper

Purpose

When I've earned this badge, I'll know how to keep myself healthy and happy.



To earn this badge, please complete one option per step.

STEPS	BADGE REQUIREMENTS	OPTION 1	OPTION 2	OPTION 3
Step 1	Get to know your body.	Color in your eyes, hair, and favorite clothes on My Elf Self coloring page.	Write on My Elf Self where you feel happy, hungry, tired, nervous, sad, angry, and thirsty.	Share how you are unique with a family member.
Step 2	Eat and play in a healthy way.	Try three new foods that are good for you.	Try three different kinds of exercise, such as jumping rope, playing soccer, or riding a bike. Do each one for 20 minutes and choose your favorite.	Take a thirsty challenge. Try not to drink sweetened juice or soda for one week. Instead, drink water, low-fat milk, or fun fizzy seltzer.
Step 3	Find out how your body works.	Talk about three common reasons your tummy might hurt.	Learn about a healthy temperature.	Find out about bandages. Research online five different sizes, shapes, and colors of bandages.
Step 4	Know what to do if something bugs you.	Create a "happy box" with five things that make you smile. Find a box or bag. Fill it with your favorite books and toys, soft things to hug, or photos of happy times or people you love. The next time you feel worried/upset, get out your box and smile.	Each day for one week, draw your "feelings faces" (draw emojis of how you feel). Do this in the morning, in the afternoon, and before you go to bed. Which time of day is your happiest?	Moving helps our bodies feel happier. When something bugs you during the next two weeks, try a fun movement for five minutes like skipping, hula hooping, or jumping jacks.
Step 5	Meet a health helper.	Research online and find a video about a doctor, dentist, or optometrist. Find out what they do during an exam and how they help you stay healthy.	Research online and find a video about a school nurse or counselor. Find out what they do for students.	Research online and find a video about someone who works in an ambulance. Find out what happens if someone has to go to the hospital in an ambulance.