

Healthy Kids, Healthy Families Patch

Girl Scouts of New Mexico Trails Patch Program

Girl Scouts will develop an understanding of what it means to be healthy, how they can better their health, and help others make healthier choices.

To earn your Healthy Kids, Healthy Families Patch you must complete:

- **Daisies & Brownies:** Each activity with a * and one additional activity for each Discover, Connect, and Take Action to total 5 activities.
- **Juniors, Cadettes, Seniors, & Ambassadors:** Each activity with a **, two additional activities for each Discover, Connect, and one or more Take Action to total 7 or more activities.



DISCOVER

- * What does the word healthy mean to you? Where have you heard the word healthy being used? What was it describing?
- ** Why is personal hygiene important? Does a lack of personal hygiene affect others? How? What can you do daily to ensure you have good personal hygiene?
- Learn about the importance of hand washing. Research how long you should wash your hands. Practice washing your hands properly to avoid the spread of germs. What is a way to ensure you are washing long enough?
- With the assistance of an adult, put your fingers on your wrist to feel your heartbeat. Count how many times it beats in ten seconds. Then run in place for 30 seconds. Check your heartbeat again and talk about how it changed.
- Who do you call in an emergency? Research examples of why you might have to call and examples of situations that do not require emergency help.
- How many servings of fruits and vegetables should be eaten every day? Why are fruits and vegetables important for our bodies?
- Keep track of how many hours you watch tv or play video games for a week. Now research how much screen time is recommended. Are you spending too much time in front of a screen? Is this good or bad? Why?
- How much sugar do you think is in a can of soda? Measure out how much sugar you think there is into a cup. Research how much sugar is actually in a can of soda. Measure this out in another cup to compare. How close were you to the right amount? Research the effect sugar can have on your physical and dental health.

CONNECT

- * Being physically active helps boost energy and promotes a positive attitude. Make a plan with your troop, friends, or family to spend one hour together going for a walk, riding a bike, gardening, or some other physical activity. How did you feel after that hour? Is it something you'd like to do with your group regularly? Why or why not?
- ** Food is fuel for your body and you can improve how well your body works by feeding it the most nutritious fuel. It is important to think about what you eat and how much you eat. Keep a log of what you eat and when for one week. Are there healthier snacks you can eat in place of those that are not as good for you? Make a shopping list of healthy items you'd like for the next time you go grocery shopping with your family.
- Plan a trip to your local Farmer's Market to learn about fruits and vegetables. Ask a farmer about what fruits and vegetables they grow and how they like to prepare them to eat. If possible, purchase food that you've never had before and research how to prepare a dish using it.
- Set up a tour with a dietitian at a grocery store. Some stores have one on staff that can lead you, or you can contact a local dietitian to join you. Spend some time in the produce section and learn about one new fruit or vegetable. Examine prepackaged foods to learn about reading labels and why it is important to know what you are consuming.
- Interview someone that trains or uses a service dog. How are they trained? What can they do? How should the public interact with them? What kinds of medical conditions could require the use of a service dog? How does having a service dog keep people healthy?
- Approximately one in four people will have a mental health challenge in their lifetime. Research what are common mental health challenges that children and teens experience. Why does stigma prevent some people from getting help? Express through art, music, or writing how you imagine a mentally challenged person feels.
- Why are good dental habits important? Research how your mouth links to your overall health and well being. Interview a dental professional or student to find out what people can do to take better care of their teeth at home and why it is important to do so. Make a poster to share with your troop, family, and friends about oral health.

TAKE ACTION

- Research fun foods you can make with fruits and vegetables. Make a flyer or poster to share with your troop, friends, family, or in your school cafeteria to help others make healthy food choices by showing them how they can eat healthy and fun foods.
- Make water cool! Start a water drinking campaign/challenge for your troop, friends or family encouraging others to drink more water every day.
- Create a song or cheer about what it means to be healthy. Perform it for your troop, friends, and family, and have them join along.
- If you spend too much time in front of a screen, make a list of things you can do instead. Reduce your screen time for one week and do some of the items on your list. How do you feel after reducing your screen time? Do you think you can make it a habit to reduce your screen time for your health? Make a flyer or presentation that you can share to help others learn why long amounts of time in front a screen is bad.
- Make a safety plan. Create a safety information sheet to keep in a place everyone can easily access and remember, like on the refrigerator. Create an escape route diagram of your house or meeting place in case of a fire, and practice the route with your family or troop.
- Help save lives? Take a First Aide/CPR or Wilderness First Aide Training with Girl Scouts. Giving appropriate first aid immediately can help reduce a person's recovery time and make a difference between the patient having a temporary or long-term disability. Having your certification will give you the tools to prevent emergency situations from becoming worse.

