

**Girl Scouts of the Jersey Shore**  
**Virtual Badge Breaks | Taking Care of Me**  
**Brownie My Best Self Badge**

**Step One:** You will be learning a lot about yourself while you do this badge. You can start by completing the My Elf Self picture and drawing on your favorite outfit.

*\*(use attached "My Elf Self" worksheet, page 3)\**

**Step Two:** Eating a variety of foods will help protect your body, give you the energy to do all the things you want to do, and help you grow up strong and healthy.



This *Choose My Plate* picture is what a healthy plate looks like. It shows how much your portion should be for each of these food groups.

On a sheet of paper, draw a circle for your plate, then draw four sections for grains, proteins, fruits, and vegetables. Then draw a circle for dairy on the upper right corner of your placemat.

Now draw or write the kind of foods you like to eat for each of those sections. Share your plate with your family and talk about some of the foods you picked for each section.

Are there foods you want to try that you haven't before? Make a pledge to try something you never tried before, like mango, quinoa, kale, or trading a sugary drink for water.

Share a photo of you trying the new food with the hashtag **#GSJSChallenge** or via the photo submission page on our website for other Girl Scouts to follow along. [GSfun.org/photoshare]

**Step Three:** Before you eat your snack, call out what food groups each item belongs in, then dig in!  
**(You did this step in the Virtual Badge Break)**

People need energy to live. We need it to breathe, think and even laugh. Do you know how you get your energy? It's by eating the right foods and drinking water.

Energy IN is the calories (or fuel) you get from eating and drinking. Energy OUT is the calories you burn from physical activities. This is called Energy Balance.

- What do you think gives you the fuel to do the things you love to do?
- Can you think of a food you eat that makes you feel energetic?
- What do you think you need to have Energy Balance?

**Step Four:** You can take care of your body by eating well and exercising. But you need to take care of your mind too! It is important to realize how you are feeling at different times of the day.

Use the Feeling Faces chart to draw how you are feeling each day for a week. It will help you see trends, like if you are always tired after schoolwork ends, you may need to eat a healthier lunch.



**Step Five:** Did you know that exercise can make you feel better when you are tired, mad, or sad? It's true! If you've ever punched a pillow when you're feeling frustrated, or hugged a teddy bear when you're lonely, you know that certain movements can change your mood.

Try some Yoga moves to help improve your mood and start your day on the right foot! (You did this in the **Virtual Badge Break**, but there are tons of Yoga videos online and On Demand for you to choose from!)

**\*Brownie My Best Self Badge | My Elf Self picture:** You will be learning a lot about yourself while you do this badge. Complete the picture and draw on your favorite outfit.

## My Elf Self



**height**

**eye color**

**hair color**

**skin color**

**length of my arms**

**length of my legs**

**details about me**