

Girl Scouts of the Jersey Shore
Virtual Badge Breaks | Taking Care of Me
Daisy Respect Myself and Others Petal

The biggest way you can respect yourself is to take good care of your body! You learned how to do that during the **Virtual Badge Break** when you ate a healthy snack and learned how to use Yoga to make yourself feel better. Being polite and having good manners is one way to respect others.

For more fun, play the Manners Game at dinner. Have each person at the table do something that is considered bad manners and then discuss why it is not appropriate and what they should have done instead.

Share a photo of you trying this activity with the hashtag **#GSJSChallenge** or via the photo submission page on our website for other Girl Scouts to follow along. [[GSfun.org/photoshare](https://www.gsfun.org/photoshare)]