





# About Patch of the Month

Looking for some additional fun activities for your troop or just to do on your own? Each month, girls can discover, connect, and Take Action in a specific subject area. Hands-on activities are available for all Girl Scout levels and can be done at meetings, as a pre-meeting activity, or as an at-home project.

Patch of the Month programs provide Girl Scouts an opportunity to enjoy a variety of activities while earning a fun patch. Patch programs are available to Girl Scouts of all grade levels. Completing patch programs can help complete a Journey and may satisfy requirements for certain badges. It's not necessary to complete the patch programs in the months specified—they can be completed at any time! All fun patches are placed on the back of the vest or sash.

## Patch of the Month Evaluation

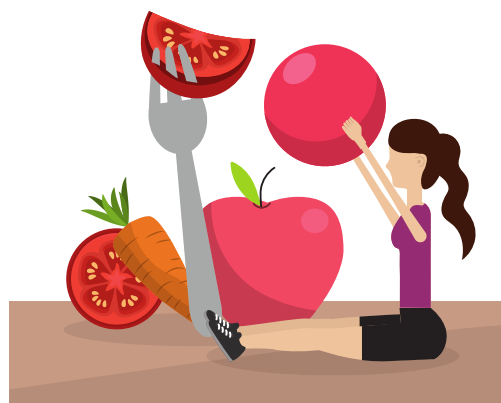
Once you have completed the program activities, please be sure to fill out the [Patch of the Month Evaluation](#).

## How to Order Patches

Visit the GSK Shop in-person or use the GSK Shop Order Form by clicking [here](#) to purchase your patch for \$2.00 each!

# Healthy Habits Patch Program

As you explore the 15  
FUNdamental Healthy  
Habits on the next page,  
focus on practicing as many  
habits as you can.



## Steps

### Steps to Earn Your Healthy Habits Patch:

1. Complete the number of activities below listed for your age level.
2. Order your patch!



### Number of activities required to get the patch:

Daisy (3) • Brownie (4) • Junior (6) • Cadette (8) • Senior (10) • Ambassador (12)



# 15 *FUN*damental Healthy Habits



1. Exercise - Incorporate being active in your everyday life. Take the stairs, walk to the store, take a nature walk, or ride bikes together.
2. Make Healthy Food Choices - Eat the rainbow! Choose colorful vegetables, meat, fruit, and grains. Enjoy starches, processed meats, and packaged foods in smaller quantities.
3. Pass on Sugar & Soda - Be mindful of sugar intake. From cookies, candy, cakes, sweets, sauces (you can find ketchup, dressings and condiments without sugar), drinks chocked full of sugar such as fruit juices, energy drinks and especially sodas, it can add up quickly!
4. Water is essential and elemental - Drink up!
5. Wash your hands! - Kids pick up colds and bugs much quicker and easier than adults due to their developing immune systems. Develop the habit of washing hands throughout the day - after a trip to the bathroom, when you come in from outside, before eating, and after visiting places and petting animals.
6. Brush & Floss - Oral health is directly correlated to your overall health.
7. Make Sleep a Priority - Sleep is incredibly important to a child's growth and development. Cognitive and physical development is affected when the body isn't able to recover during important periods of rest.
8. Eat breakfast - Fruit, protein, whole grains and a vegetable if you can squeeze it in.
9. Rest - Luxuriate in the value of "doing nothing."
10. Sun Protection - Not only should you wear sunscreen, but also sun protective wear - hats, sunglasses, and long sleeves.
11. Hygiene Habits - Regular bathing, shampooing and conditioning hair, washing bodies with soap, wearing lotion, deodorant, and putting on clean clothes.
12. Family Time - Building family traditions and meaningful time together in a loving, supportive and encouraging way will impact children. Modeling and teaching open and honest communication and acceptance of children as they are.
13. Healthy Relationships - Healthy relationships are supportive, encouraging, honest, forgiving, loving and have trust. Toxic relationships aren't worth keeping.
14. Body Safety & Safety Awareness - respect your body and educate yourself on safe versus unsafe people.
15. Reading for pleasure and learning - engage your imagination and lose yourself to new adventures and make-believe worlds.

