Brownie My Best Self Badge

**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

When you’ve earned this badge, you’ll know how to keep yourself healthy and happy.
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.

**STEP 1: GET TO KNOW YOUR BODY**

Fill in the boxes about your “elf self” on this page. Then add more fun details to the chart and by decorating your elf self to look like you!
STEP 2: EAT AND PLAY IN A HEALTHY WAY  
Get started in one of these ways! Feeling inspired? Do both!

Try three new foods that are good for you. Pick them from different food groups. Talk with a family member about what the foods taste like and decide on a way to eat them more often.

OR

Try three different kinds of exercise, such as jumping rope, playing soccer, or riding a bike. Do each one for 20 minutes and chose your favorites. How could you do it three times a week?

STEP 3: FIND OUT HOW YOUR BODY WORKS  
Learn to spot clues that tell you when you need to take especially good care of yourself.

Talk about three common reasons your “tummy” might hurt. What you might call your “tummy” or “stomach” is what doctors call your “abdomen.” What parts of it can act up and why? When you ask for help, it’s good to have an idea of what might be wrong!

OR

Find out about bandages. Look at 5 different sizes, shapes, and colors of bandages. Why are they different? What would you cover with each one? Then learn and share one fact about how your body makes its own bandages.

STEP 4: KNOW WHAT TO DO IF SOMETHING BUGS YOU  
Sometimes, you get a stomachache because you are nervous. Or you might feel shy when you’re sad or have a hard time sleeping when you’re angry. Luckily, there are things you can do to feel happy if something is bugging you. Feeling inspired? Do both!

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 or upset, get out your box and smile.

OR

Moving helps our bodies feel happier. When something bugs you during the next two weeks, try a fun movement—like skipping, hula hooping, or jumping jacks—for five minutes. Talk with a family member about which ones make you feel best. Keep notes so you can use them later!

STEP 5: MEET A HEALTH HELPER  
Sometimes you need someone else to help you stay healthy!

Find out who can help you in your community. With an adult look up three different types of health helpers and discover how they help people stay healthy.