

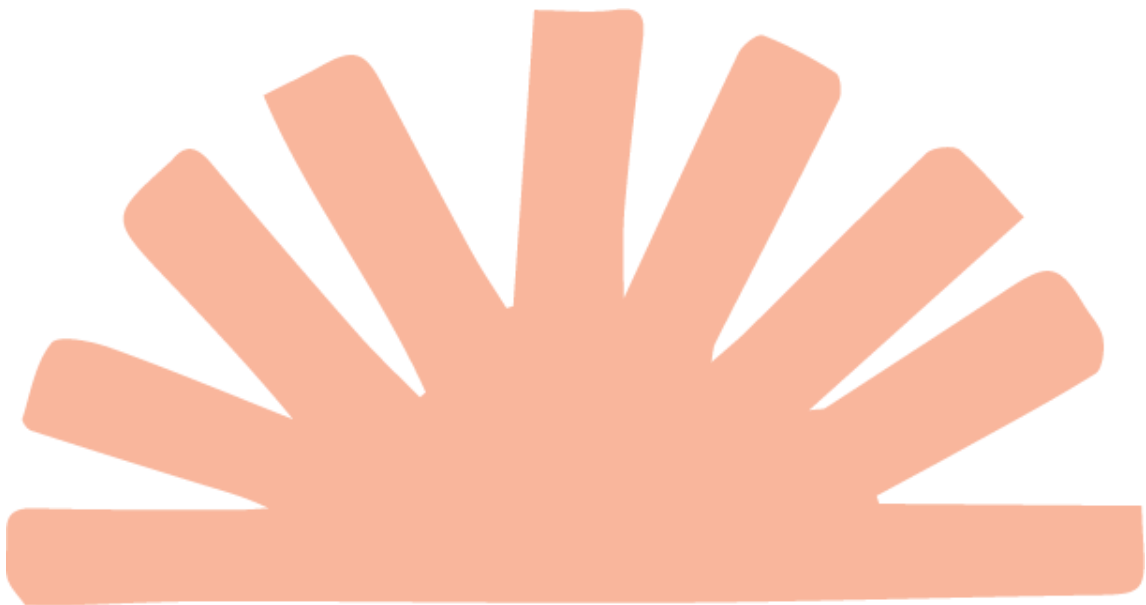


January

Patch of the Month

Living Healthy

Focus on your physical and mental health as you create habits to keep your body healthy and mind engaged!





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.

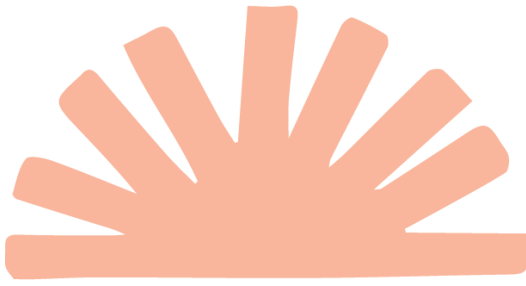
Patch of the Month programs provide Girl Scouts an opportunity to enjoy a variety of activities while earning a fun patch. Patch programs are available to Girl Scouts of all grade levels. Completing patch programs can help complete a Journey and may satisfy requirements for certain badges. It's not necessary 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 \$1.00 each!



Directions

Complete one (or more) activities from the Get Nourished, Get Active, and Get Inspired sections and share what you've done by posting photos on the [GSK Facebook Page!](#)

Get Nourished

Make a snack. Create a snack sculpture using at least two kinds of fruits or vegetables. Get creative and have fun — can you make an animal or bug? Talk about eating good foods to keep your body healthy.

Go to a grocery store or farmer's market with your troop or family. Find five green fruits or vegetables, five red fruits or vegetables, and five orange or yellow fruits or vegetables. When you get back, draw a picture of the fruits and vegetables you saw, and circle the ones you have tried.

Rethink your drink. Track how much water you drink each day for a week, aiming for eight cups a day. Stay hydrated, and bring a water bottle with you everywhere you go. Avoid drinking sugary beverages like soda.

Make a meal plan and grocery list for an upcoming troop or family outing. Planning ahead helps to stick to a balanced meal plan — be sure to include fruits, vegetables, grains, dairy, and lean protein!

Make a homemade salad dressing.

Plan a healthy meal, create a grocery list and do the shopping. Make the recipe with your family, and explain why the dish is healthy and why you made the choices you made.

Make several different healthy snacks, trying to use some new foods. Discuss what makes these options healthy. Write down the snack recipe to hand out so friends or troop members can try it at home.

Snack Sculpture Suggestions:

Caterpillar Kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes

Fruity Peanut Butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

Bugs on a Log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

Potato Person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.



Get Active

Jump around. Put on your favorite song, grab a friend, and jump rope! Jump for the entire song, dance a little, move around, and sing. Afterward, talk about why exercise is so important.

Take a bike ride, go for a walk, or head to the park with your troop or family. Go three times in one week, for at least a half an hour each time.

Go on a scavenger hunt. Get moving inside your house with a scavenger hunt. Include your entire family and see who can complete the scavenger hunt the fastest.

Track your activity. Log your physical activity for one week. Aim for 30 minutes activity at least five days of the week.

Sweat it out. Get physical and go for a walk or hike with your family for at least a half hour. Visit a state or county park, or go for a walk in your neighborhood. Create a log of your weekly activities.

Make a positive impact. Visit a younger Girl Scout troop meeting or an elementary school near you. Plan and play educational games that promote healthy living or eating, or host a dance workshop. Talk about the importance of being active and finding an activity they enjoy.

Start an exercise journal. Set an exercise goal and use a journal to track your physical activity for one month. Make sure to list the type of exercise and number of minutes you spent being active. Write down what you enjoyed and how you felt while exercising. Present your experience to your troop or family.

Get Inspired

Think about health. Draw a picture about what it means to you to be healthy. Include words or a few sentences describing the importance of healthy eating and being active. Be creative! Your drawing can include family and friends, and activities you enjoy doing.

Perform. Create a song or cheer about what it means to be healthy. Perform it for your troop or friends and have them join along!

Explore health careers. Have a health care professional come to a troop meeting to talk about their career, or interview them one-on-one. Before the meeting, create a list of questions to ask about their job.

Create a positive song playlist.

Be a role model to your troop mates and friends by completing a Kindness Journal. Write down ten acts of kindness you provided to your friends and family this month. Being kind is good for your health and well-being.

Be artistic: Color in a Mandala, paint a sunset, draw a self-portrait, or create a vision board.

Learn a breathing technique to help calm you down.

