



Girl Scouting at Home for Brownies

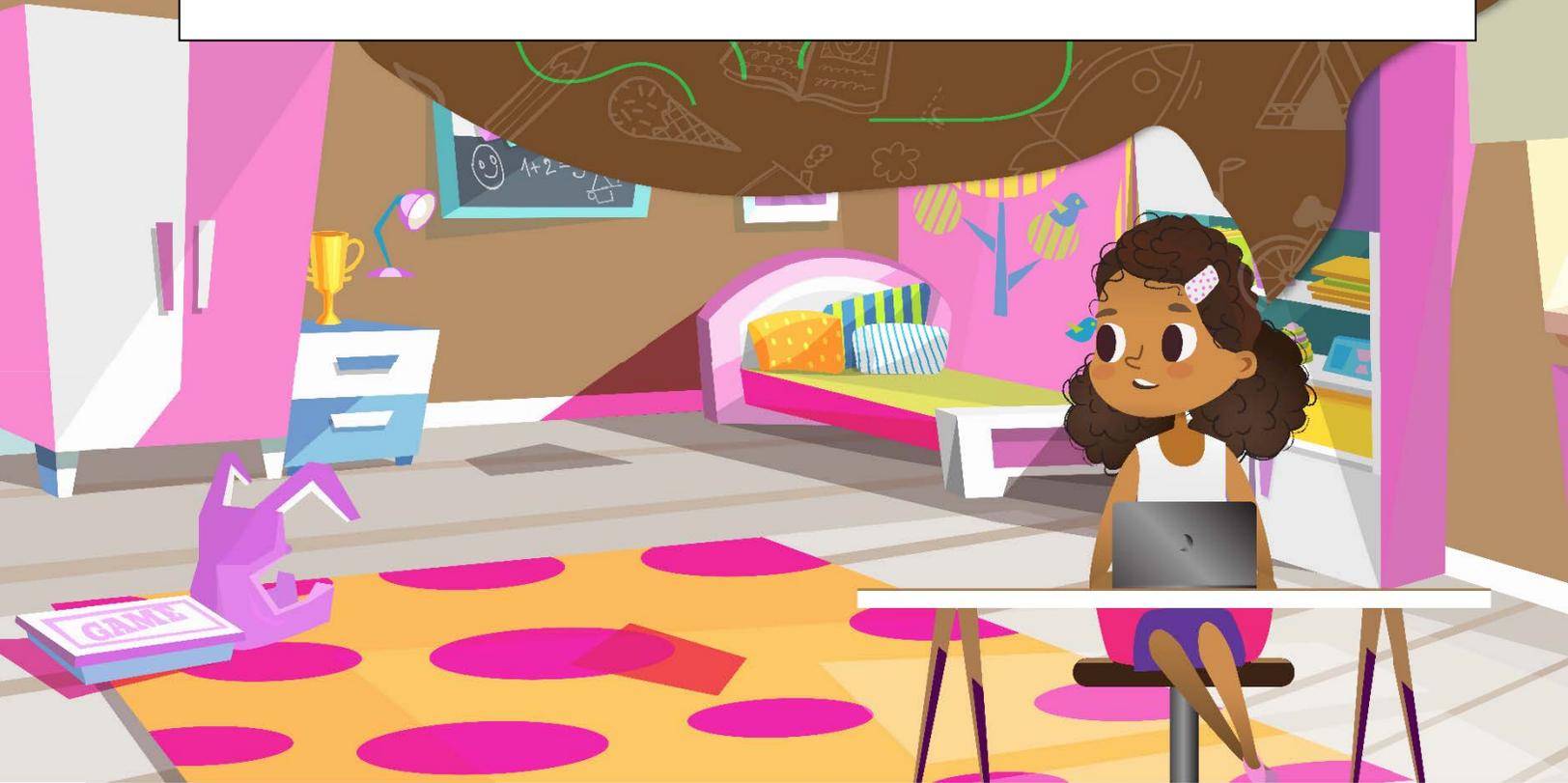
Earn My Best Self Badge

Learn to pay attention to what your body needs and ask for health help if you need it.

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.

Once your Girl Scout has completed her badge requirements, work with her troop leader to order the badge or purchase on your own. During this challenging time, our focus is to serve the Girl Scout community in any way we can, so we're offering free standard shipping on all on-line orders-no minimum.



Activity – Step 2: Play in a health way

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



printable yoga poster

Challenge!

Be an Interviewer

This week's theme is respecting yourself and others. **RESPECT** is how you feel about someone. **RESPECT** is how you treat someone. Having respect for someone means you think good things about who a person is or about the good things that person does. You can have respect for others, and you can have respect for yourself. Showing respect for others include things like not calling people mean names, treating people with courtesy, caring enough about yourself that you don't do things you know can hurt you. Being polite and kind is being respectful!



So, for this week's challenge, think of someone you admire and want to interview. Consider 5 questions you want to ask them. Write down your questions on a sheet of paper and at least one (1) of your questions should be about **RESPECT**. If you can't interview this person face to face, get your parents to help you set up an online interview! Be sure to add your completed list of questions to your time capsule if you completed Week 6 Challenge for Brownies.