



# Girl Scouting at Home for Juniors *Staying Fit Badge*



1. Keep moving!
  - [Simple Stretches-Build a Strong Body Video](#)
  - [It's workout time! Video](#)
2. Keep your fit body fueled
3. Know how to stress less
  - [Yoga & Meditation-Breathing Techniques Video](#)
4. Get the truth about health
  - [Exploring the Coronavirus](#)
  - [Handwashing Importance by Blue Ivy Video](#)
5. Help your family stay fit
  - [Have a Family Check In Night](#)

This week's video will lead juniors through Steps 4 and 5. Complete the rest of the steps to complete the badge. The included links will help you finish each step. Once you have finished the whole badge, visit [girlscoutshop.org](http://girlscoutshop.org) to purchase the badge!

