



Run for the Cookies 5K



October 28, 2023



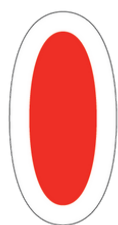
Brook Run Park
4770 N Peachtree Rd
Dunwoody, GA 30338

You can earn a Girl Scout Badge by participating in the Run for the Cookies.

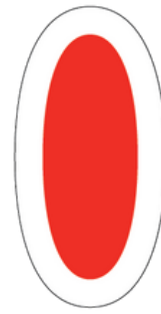
Follow the instructions in this guide to earn the badge that corresponds with your Girl Scout level.

You can work on the badge steps between now and the event, and then complete the final step by running in the 5K or Fun Run!

These badges will be available for purchase at the event at our Badge & Sash table.



Daisy "Courageous and Strong"



Follow the steps below to earn this badge.

1. Read a story about a strong and courageous female character.
2. Practice deciding what actions are courageous and strong. Create personal collage or one with a group with pictures of words that show someone being courageous and strong. Or draw a picture/create a poster promoting strength and courage.
3. With your troop or family, create and perform skits that teach others about the importance of being strong and having courage. Start with a moment that would require these characteristics and show how to have strength and courage with a positive outcome in your skit.
4. An additional exercise: Consider decorating a t-shirt using words and phrases from your collage or poster. Wear the t-shirt you created to the Run for the Cookies at Brook Run Park.
5. Participate in the Run for the Cookies 5K or Fun Run on October 28 at Brook Run Park to demonstrate your strength and courage in finishing the race!

Brownie "Outdoor Adventurer"



Follow the steps below to earn this badge.

1. Create a fun outdoor obstacle course using found items, sporting equipment, and any other objects you have permission to use outdoors. Create several tasks and challenges throughout the course (both physical and mental challenges), and invite family, friends, and fellow Girl Scouts to participate. Make sure to create and explain the rules to anyone that participates, change portions of your obstacle course that may need to be revised, and have a blast!
2. Go for a walk or a hike and observe the beauty in the nature around you. Talk with your grown up, sibling, friend, or fellow Girl Scout on the walk about the big and small things that you see in nature. What do you smell? What do you feel? Take pictures while you are on your walk and print them out to create a nature journal or create a beautiful digital collage.
3. Learn camping skills such as tying useful knots, a few first aid skills, how to create a campfire, or how to cook over a campfire. There are plenty of online resources with videos to demonstrate the proper ways to accomplish these tasks as well as resources at your local library.
4. Find a way to care for the outdoors. Brainstorm with your troop, family or friends about ways to make an outdoor space better. This could be pulling weeds in a garden, picking up trash at a local park, or planting a tree.
5. For the final step of this badge, participate in the Run for the Cookies 5K or Fun Run on October 28 at Brook Run Park for another fun, outdoor adventure!

Junior "Staying Fit"



Follow the steps below to earn this badge.

1. Create a chart to document your fitness activities for 7 days. Aim to have at least 45 minutes of aerobic exercise a day. This can include running, dancing, swimming, playing soccer, or even having a PE class at school. Encourage others from your troop, in your family, your friends, or neighbors to also participate and chart their exercise for the week. Exchange charts at the end of the week and discuss what makes you proud.

As a bonus, create an exercise alphabet. For every letter of the alphabet, assign an exercise. For example, A = 30 jumping jacks, B = 15 pushups, C = 12 squats, etc. Every day for several days or a week, ask family and friends to join you in spelling a word such as Champion or Athlete.

2. Become a food label detective! Research and learn about the purpose of food labels. What is the specific information on labels and why do you think this information is important? Compare the labels of the different foods in your home. Which ones are good for you and why? Use websites and books from organizations such as the US Food and Drug Administration for more information about food labels. Research the amount of sugar in your favorite beverages. Compare the sugar amounts for a cup of milk, soda, and juice.

3. Learn about the Food Plate and the importance of having a balanced diet. After doing your research about a well-balanced plate, record your family dinners for a week. Have a discussion with your adult(s) about what you are doing well as a family and if there are ways to improve your meals.

As a bonus, use a paper plate and collage pictures of a healthy plate with troop members, or friends. Make sure to include grains, vegetables, fruit, dairy, and protein. Display your plate collages for others to see and describe why your plate is a balanced, healthy meal.

4. A part of having a healthy body is also being in tune with your feelings. Keep a journal for a week. In each entry, describe a special moment in your day. Describe your feelings (positive or negative). Journaling is a great way to stay connected with your inner thoughts, manage any big feelings that you may have, and reach a feeling of focus and calm. Reread your journal entries at the end of the week. Consider journaling daily, or weekly to check in with your feelings even after you earn your badge.

5. To complete this badge, participate in the Run for the Cookies 5K or Fun Run on October 28 at Brook Run Park with your troop, family or friends.

Cadette "Field Day"



Follow the steps below to earn this badge.

1. Play a game from the past or research a game from a different country. Be resourceful and use materials in and around your home to execute the game. If you see that a new game requires a hoop, and you don't have one, be resourceful and use an empty bucket or a hula hoop. Research this game, watch videos of how it is played, explain the rules to family, or friends and enjoy playing!
2. Incorporate science and math into a fun field day activity. Host a paper airplane competition with your troop, family, or group of friends. Provide paper for all participants and allow them to design an airplane. Have a line that everyone stands behind and have each person launch their airplane. Have a tape measure to measure the length of each throw. Who is the winner?
3. Create a chart to document your fitness activities for 7 days. Aim to have at least 45 minutes of aerobic exercise a day. This can include running, dancing, swimming, playing soccer, or even having a PE class at school. Encourage others from your troop, in your family, your friends, or neighbors to also participate and chart their exercise for the week. Exchange charts at the end of the week and discuss what makes you the proudest. As a bonus, create an exercise alphabet. For every letter of the alphabet, assign an exercise. For example, A = 30 jumping jacks, B = 15 pushups, C = 12 squats, etc. Every day for several days or a week, ask family and friends to join you in spelling a word such as Champion or Athlete.
4. A great field day includes a fun uniform or costume! With your troop or family, create a fun idea for a team uniform.
5. For the final step of this badge, participate in the Run for the Cookies 5K or Fun Run on October 28 at Brook Run Park. Make sure to wear your team uniform!

Senior "Cross Training"



Follow the steps below to earn this badge.

1. This first step is all about goal setting and training. Talk to your PE teacher, coach, or a fitness trainer. Share your fitness goals with them and record any tips and recommendations that they may have for you. Create the steps to achieve your goal. Chart your progress and keep a fitness journal to reflect about each stage.

Consider setting a fitness goal to complete the Cookie Run at Brook Run Park. The race is 3-miles. How long will it take for you to train for the race? What time are you hoping to achieve? Explore strategies to help you reach your goals.

2. Do a deep dive into healthy foods and the Food Plate. Keep a food journal for a week, and document all the food and beverages that you consume in a 7-day period. With your training goals in mind, is your current diet helping you accomplish your goals and keeping your body hydrated and satisfied? Are you eating enough fruit? Are you drinking the appropriate amount of water? Is your current diet balanced, do you need additional nutrients as you train? Interview your doctor, a nutritionist, the nurse at your school, your biology teacher, or your coach and see if there are ways to improve your consumption to help your training.

3. Focus on your flexibility! Start a yoga or Pilates program for 2 weeks. Flexibility is key to your overall health, but it is especially important when training for a race as it helps to prevent injury. There are many yoga and Pilates workouts online. Set a goal to incorporate 30 minutes of flexibility training 3 times a week during your training period.

4. Explore other cardio activities! While running is a great form of cardio, it is important to have a variety of cardio activities to participate in even while training for a race. Consider taking a dance class (or do one online). Go for a long bike ride or rollerblade at a park. Swim laps in a pool or play pickleball. Set a goal to try five new forms of cardio.

5. For the final step of this badge, participate in the Run for the Cookies 5K or Fun Run on October 28 at Brook Run Park.

Ambassador "Coaching"



Follow the steps below to earn this badge.

In order to complete this badge as an ambassador, you will need to have a relationship with a troop or a group of people who would be willing to be trained for an event or competition, as well as being a participant in the race. Contact your service unit for information about troops or members who are participating in the race or encourage friends and families to form a team that you can train for the race.

1. Research the top coaches in at least seven different sports. What made these coaches successful? What do their players say about them and about their coaching style? Interview coaches in your life at school, at a local recreation center, etc. even if they coach a sport that you do not play. Ask them about why they coach and what keeps them motivated. After gathering this information, create a creative story or piece of art (i.e. a collage, digital book or article, etc.), about what you have learned about coaching and why the work is essential in sports.

While researching and interviewing coaches, consider additional research on what makes a good leader. What qualities do great leaders need to have to be successful? What do you admire in good leaders and what qualities will you focus on while you coach?

2. Create an assessment! When coaching, there needs to be proper benchmarks along the way, so coaches determine what is going well in their training and where there are areas for improvement. How long is your training period and how many assessments do you think are appropriate to gather the information that you need? Daily? Every other day? Weekly? Are they the same assessments each time or will they vary? Do you have a combination of strength, flexibility, and endurance skills in each assessment?

It is imperative to physically go through the assessments yourself prior to having a group of individuals perform them not only because you want to make sure the activities are safe and manageable for the age group you are working with, but you need to make sure they can be completed.

Create a charting system with dates, times, locations, etc. and make sure to discuss the results with your participants after each assessment.

3. Create your coaching plan! Research and construct a plan that will allow for your team to be successful in the sport that you have chosen to coach (or in the Run for the Cookies race at Brook Run Park). Where will you host your practices and how often will you have them? What skills will you go over each week? How long is your training period?

Design warmup and cool down exercises. Schedule time for rest and water breaks. Research all exercises and stretches that will be key to the sport that you are coaching. Create a document with your plan and share it with your team.

Put your plan into action and document all participants progress weekly. Send them motivational progress reports at the halfway point and at the end of your training.

4. Attend the Run for the Cookies 5K on October 28 at Brook Run Park and run/coach your team through the race. Make sure to take a team photo at the end of the race!