



# Me Time

“Me time” is time you spend doing something nice for yourself. Hugging a puppy? That’s me time. Learning to cook? That’s me time. Stargazing on a clear night? That’s me time, too! These activities (and SO many others) can make you feel great, and guess what? Your body is the tool that makes them all happen! In this badge, you’ll learn how to use your amazing body to get the most out of your “me time”—so you can feel your very best.

## Steps

1. Fuel yourself for fun
2. Move to feel great
3. Learn about body language
4. Explore the world
5. Try something new

## Purpose

When I’ve earned this badge, I’ll know what I can do to feel my best, both physically and mentally.



# Step 1: Fuel yourself for fun

Like a car, your body needs fuel if you want it to go, go, go. Unlike a car, you're fueled by fruits, veggies, grains, water, and everything else you eat and drink. Your body turns food and drinks into energy to do whatever you love. Fill up on your favorites and get fueled for fun!

## Sample activities:

**Eat for energy.** What's your favorite activity? No matter what it is, you need energy to do it! Draw yourself doing something you love. Then cut out or draw pictures of foods you like. Paste them on the drawing, then put it up at home to remind yourself that food fuels your fun.

**Drink plenty of water.** Learn about all the great things water does for your body. Decorate your own water bottle. Find out how much water your body needs each day and how many bottles that equals. Then set a goal to drink that number of bottles of water each day. After one week, think about how you did. Was it hard to meet your daily goal? Easy? Somewhere in between? How does your body feel when you drink enough water?



## Fuel for Thought

Food and drinks build your bones, organs, and everything else that makes you, YOU. It's important to give your body the building blocks it needs.

But remember that food isn't JUST fuel. We also eat for fun, or to celebrate, or to enjoy the taste of a favorite treat. These experiences fill our minds and hearts along with our bodies, and that's important, too. So, enjoy your world—one tasty bite and sip at a time.



# Step 2: Move to feel great

Sometimes we move to get stuff done—to go from place to place, lift a fork, wash our hair, and so on. At other times, we move just for the fun of it. Let's explore some ways to move for fun and feel great while we're at it.

## Sample activities:

**Try laughter yoga.** Laughter yoga combines deep breathing, stretching, and laughing—all of which are types of movement! Take a class or have an adult help you find a video. Try it out!

**Turn story time into stretch time.** Listen to a story being read out loud. When the characters move, copy their movements. If someone in the story reaches up for something, raise your arms. If they bend sideways, you bend sideways. Really s - t - r - e - t - c - h it out—your body will feel the benefits!

## Laugh and Stretch for Health

Laughing and stretching aren't just fun—they're good for your health! Laughter makes you feel happier. It relaxes your muscles and brings more air into your body. It can even boost your immune system, which means you might be less likely to get sick. Stretching makes you bendier and can protect you from injury. So laugh, stretch, and do your body some good!



## Move for You

We're all built a little differently, with our own shapes, sizes, and abilities. Movements that feel great to one person might not be right for someone else. Honor your unique self by choosing activities that work for you—and don't forget to tell your amazing body you're grateful for everything it can do!

## Natural Rewards

When you do fun things, your brain tells your body to release chemicals that make you feel great. It's your brain's way of saying, "I like what you're doing! Keep it up—here's a reward!"



# Step 3: Learn about body language

Our bodies show our feelings, even when we don’t speak. That’s body language! Other people can often tell when you feel great because you might be smiling, nodding, or showing happiness and comfort in other ways. Try using body language to pump up the positivity in yourself and others.

## Sample activities:

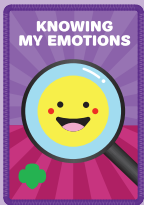
**Mirror someone’s body language.** Get face-to-face with a friend or family member. Take turns talking about things you like (a fun trip, a pet, a favorite activity). The listener tries to “mirror” the speaker’s body language. This means doing the exact same things the speaker is doing. (Never copy anyone just to be funny—it’s not. But for this activity, it’s fine.) Watch for facial expressions, posture, and movements. Do these things seem positive? Afterward, talk with your friend about what you saw.

### Beyond the Smile

A smile can show happiness. But sometimes people smile even when they don’t feel great. Also, some people don’t smile as much as others, even when they feel good, and that’s okay. To really know what someone is feeling, talk to them! Body language is great, but it doesn’t always tell the whole story.

**Play body language charades.** With a group of friends or family, take turns acting out examples of positive body language. Some can be really easy (giving a high five, nodding to agree). Others can be trickier (feeling excited or confident). The rest of the group guesses what the actor is doing. Afterward, talk about the game. Was it fun? Did you find anything challenging?

► **For more fun:** Tell a friend about something you’ve done. First, use neutral or negative body language. Then describe the activity again with positive body language. Does one way sound more exciting than the other? What does your friend think?



### Feel Your Best

Check out the Girl Scouts Mental Wellness patch program and learn to take care of your emotional well-being.



### Body Boundaries

Your body language can show others when a situation doesn’t feel right to you. For example, maybe you’re shaking your head or putting your hand out—STOP! It’s a way of setting your boundaries about what’s okay and not okay. If you ever feel like your body language is being missed or ignored, you *always* have the right to speak up.

# Step 4: Explore the world

Your body is the link between your mind and everything else. It’s the tool that lets you experience new things. Put your body to work while exploring the world around you.

## Sample activities:

**Make a “sense box.”** Put at least five items into a box and have a friend or family member do the same. The items should be things you can enjoy with your five primary senses. Examples might be a sparkly marble (sight), a soft feather (touch), a bar of soap (smell), a bell (hearing), and a mint (taste). Swap boxes with your friend, then explore. Appreciate how your senses let you experience each item!

**Go on a movement scavenger hunt.** Have an adult set up a movement-based scavenger hunt for you and your friends. Then stretch, balance, clap, wiggle, and more as you complete the tasks on the list. Explore your world and move your body at the same time!



# Step 5: Try something new

When you try new things, your world gets a little more interesting. And that can feel GREAT! Try moving your body in ways that bring fresh joy and experiences into your life.

## Sample activities:

**Get out and get physical.** With friends or family, get out of your home and try a new physical activity, such as water painting, playing catch, a nature walk, or anything else that feels comfortable for your body. You could also visit a children’s museum, science center, farmer’s market, or any other new-to-you place. While you’re there, move around and learn new things.

**Try a new hobby.** Hobbies are skills you learn and use just for fun. Try a new hobby—drawing, playing an instrument, a sport, yoga—anything you think will bring you joy! Make a list of ways your body helps you do whatever you choose.

# Volunteer’s Guide

## Tips and ideas to help guide your troop through the Me Time badge

This badge line addresses body issues and related topics. Some Girl Scouts may find these topics sensitive. As the facilitator, your delivery is critical in providing a positive experience. Visit the Volunteer Toolkit on [mygs.girlscouts.org](https://mygs.girlscouts.org) for information and resources that will help you make the most of this experience, along with detailed activity instructions and meeting aids.

### Step 1: Fuel yourself for fun

*Time: 30–40 minutes*

**Ask:** What are some reasons we eat and drink? Why are food and drinks important for your body?

**Share:** Your body needs fuel if you want it to go, go, go! This fuel comes from the things you eat and drink. Of course, food and drink aren't just fuel. We might also eat for fun, or to celebrate, or just for the taste of it. We *like* these things—but we *need* fuel to survive. Let's see how the things you eat and drink fuel your body.

#### Sample activities:

**Eat for energy.** Have Brownies draw a full-page picture of themselves doing a favorite activity. Then have them draw pictures of foods they enjoy on a separate sheet of paper. Allow Brownies the leeway to draw anything they like and avoid suggesting that they choose traditionally “healthy” foods—the focus here is on fuel! When Brownies are done drawing, have them cut out their foods and tape or glue them on their activity pictures. Tell them to post their pictures at home as a reminder that food fuels their fun.

**Materials:** *paper; drawing or coloring supplies; scissors; tape or glue*

**Drink plenty of water.** Medical experts recommend that children of Brownie age should drink 40–56 ounces (5–7 cups)\* of water per day (more if they're very active). Give each Brownie an undecorated water bottle to personalize during the meeting. Help them figure out how many bottles equal six cups. Tell Brownies to set a goal of drinking the appropriate number of bottles of water each day, and have them take their water bottles home so they can do so. At the next meeting, talk about the group's experiences.

**Materials:** *undecorated water bottle (one per Brownie); permanent markers, stickers, and other supplies for decoration*

*\*Source: American Academy of Pediatrics*

### Step 2: Move to feel great

*Time: 30–40 minutes*

**Ask:** Is laughter a type of movement? How about stretching? Do you like to laugh and stretch? How do laughing and stretching make you feel?

**Share:** Sometimes we move to get stuff done. At other times, we move just for the fun of it. Today we'll move for fun, keeping in mind that everybody is built differently and has their own ways of moving. Let's find what works for us and see how it makes us feel, both physically and mentally.

#### Sample activities:

**Try laughter yoga.** Find a local laughter yoga class, a practitioner who will come to a troop meeting in person, or an online instructional video. Tell Brownies about the benefits of laughter and explain how laughter yoga works (or have the practitioner do it), then enjoy a class with your troop. Afterward, talk about how the class made Brownies feel in both body and mind.

**Materials:** *computer, smartphone, or tablet (if using an online video); yoga mats or towels (one per Brownie) and other class supplies*

**Turn story time into stretch time.** Find a story that will take 15–20 minutes to read or tell. Make sure the story includes plenty of stretching-type movements (reaching, bending, touching toes, etc.). Read the story and have Brownies mimic the characters' actions as they happen. You can participate, too, by doing the actions yourself as you read. Afterward, ask Brownies what they thought of the story, which stretches they liked best, and how stretching made their bodies feel.

**Materials:** *story to read, either hard copy or digital*

### Step 3: Learn about body language

*Time: 20–30 minutes*

**Ask:** Do you ever feel like you can tell what someone is thinking or feeling, even if they don't say anything?

**Share:** Our bodies often show our feelings, even when we don't speak. That's body language! When you feel great, you might smile, nod, or show positivity in other ways. In this activity, we'll try using positive body language ourselves and see if we can recognize it in others.

#### Sample activities:

**Mirror someone's body language.** Explain that “mirroring” means to copy someone's facial expressions, posture, and movements as closely as possible. Remind them they should never copy someone just to be funny—it's not—but for this activity, it's fine. Partner Brownies and have each pair stand face-to-face. Tell them to take turns speaking about something they like (a pet, a fun trip, a favorite activity). While one Brownie speaks, the listener tries to mirror the body language they see. Afterward, ask Brownies if they could tell how their partner felt when they were talking. What positive body language did they notice?

**Materials:** *none*

**Play body language charades.** Write examples of positive body language on index cards, one per Brownie. Some examples can be easy (giving a high five, nodding to agree). Others can be trickier (feeling excited or confident). Have each Brownie pick a card and act out the phrase without using words or sounds. The other Brownies try to guess what the actor is doing. After the game, discuss whether it was easy, hard, or in between. Talk about how we might be better at reading body language than we realize!

**Materials:** *index cards (one per Brownie); pens and pencils*

### Step 4: Explore the world

*Time: 20–30 minutes*

**Ask:** Can you think of something new you'd like to try? How would your body help you to do it?

**Share:** Your body is the link between your mind and the world around you. It's the tool that lets you experience new things. What will your body help you learn today? Let's find out!

#### Sample activities:

**Make a “sense box.”** Prior to the meeting in which you'll do this activity, tell Brownies to find and bring in five small items, one each to be explored with the primary senses of sight, touch, smell, hearing, and taste. (Make sure to consider any physical limitations your Brownies may have when deciding if this

activity is right for your troop.)

At the meeting, have each Brownie decorate a “sense box,” put their items inside, and then swap boxes with another Brownie. Give everyone time to explore their boxes and guide them to appreciate how their senses let them experience each item.

**Materials:** *small boxes (one per Brownie); markers, stickers, and other supplies for decoration; backup sensory items (marbles, feathers, bars of soap, bells, mints, etc.) in case some Brownies forget*

**Go on a movement scavenger hunt.** Come up with a list of 10–20 actions Brownies can perform wherever you intend to do the activity (indoors or outdoors). Examples might include skipping a rock, touching something with a rough texture, balancing something on their head, and so on. Consider any physical limitations in your group when choosing activities. Give each Brownie a checklist and let them complete the scavenger hunt. Afterward, talk about how their bodies helped them to explore their world.

**Materials:** *scavenger hunt list (one per Brownie); pens and pencils*

### Step 5: Try something new

*Time: 20–30 minutes*

**Ask:** How do our bodies help us learn?

**Share:** When you try new things, your world gets a little more interesting, and that can feel great! Today, let's try using our bodies in ways that bring fresh joy and experiences into our lives.

#### Sample activities:

**Get out and get physical.** Organize a trip out of the meeting space for Brownies to try new physical activities or learn new things, taking into account any limitations your troop may have. Activities could be something done just outside your space (playing tag or catch) or field trips to a science center, farmers market, or anywhere else Brownies can move around and learn. Afterward, discuss and help Brownies see what part their bodies played in their learning process.

**Materials:** *varies depending on activity chosen*

**Try a new hobby.** Prior to the meeting, have Brownies identify a hobby they'd like to try. It can be anything they think sounds fun (drawing, playing an instrument, a sport, yoga, etc.). Have them try the hobby and come to the next meeting ready to share their new skills. Have each Brownie make a list of the ways their body helped them to do their chosen hobby.

**Materials:** *none*





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