

My Best Self

Activity Choice Descriptions

Walk your girls through the activity choices and let them decide which ones they like best.

MEETING 2 ACTIVITY CHOICES

Eat and Play in a Healthy Way

Try Three New foods that are Good for You: Pick food from different food groups. Talk with your Brownie friends about what they taste like, and decide on a way to eat them more often.

Try Three Different Kinds of Exercise, Such as Jumping Rope, Playing Soccer, or Riding a Bike. Do each one for 20 minutes, and choose your favorites.

Take a Thirsty Challenge: Try not to drink sweetened juice or soda for one week.

Meet a Healthy Helper

Visit a Doctor, Dentist, or Optometrist: Go to their office or invite them to speak to you.

Visit With a School Nurse or Counselor: Find out what they do for students.

Meet Someone Who Works in an Ambulance: Find out what happens if someone has to go to the hospital in an ambulance.