



## What's Happening at Campbell's House?

Along the Trail of the Three Keys, Brownies care about their friends — and their families. Take a look at Campbell's house. What can she do to show she cares about her family?

### Campbell Cares

Give Campbell some ideas for leading her family to feeling better:

Little sister Sage needs less ..... and more .....

Unpack the ..... and go outside to .....

Mom can have some fun with us if she puts the ..... on the dog and takes us all out for a ..... to the .....

Go shopping and get some ..... and ..... to make a yummy and healthy snack!



### It's Your Turn

Show your family you care by leading them to try a new healthy habit. Choose what you will ask your family to do with you:

- ✓ Go for a walk or bike ride together, maybe at the .....
- ✓ Make a healthy snack to enjoy together, like .....
- ✓ Drink more water and less .....
- ✓ Play an active game like ..... to get us all moving.
- ✓ .....

(something you think of yourself!)

### Some "What-ifs"

Suppose you can't get anybody to walk with you? They say, "Too tired" or "Too much to do."

- Do what Campbell did. She and her mom took Sage on a walk and played a little game along the way — they made a list of all the animals they saw (birds, squirrels, even bugs) and gave them the craziest names they could think up.
- Make your time together as fun as you like.