

Emblem of the Month



PERSONAL HEALTH

**MOONBEAMS: DYO HEALTHY BODIES / SUNBEAMS: PERSONAL HEALTH /
EXPLORERS: HEALTH & BODY / RANGERS: HEALTH & MIND /
GIRL GUARDS: DISCOVERING: MY HEALTH & BODY**

This packet belongs to:

Getting Started



Complete this packet to earn your emblem.
Moonbeams (PreK & Kindergarten) - Complete Activities 1-3
Sunbeams & Explorers (grades 1-5) - Complete Activities 1-4
Girl Guards & Rangers (grades 6-12) - Complete Activities 1-6

Activity 1

Read the story of the Good Samaritan

Find out the information about your doctor and dentist, and fill it in below.

Doctor's Name: _____

Phone Number: _____

When do you see your doctor? _____

Dentist's Name: _____

Phone Number: _____

When do you see your dentist? _____

**If you don't have a doctor/dentist - find the name of the clinic your family uses or you can learn the name of your school nurse.*

Activity 2



Activity 2

The word hygiene means more than just being clean, it includes all the good habits to follow to keep healthy, clean and fresh.

Moonbeams, Sunbeams & Explorers (grades pre-k through 5th):
Answer the following questions and complete the weekly hygiene chart.

Girl Guards & Rangers (grades 6th through 12th):
Answer the questions and complete the larger hygiene chart on the next page.

Moonbeams, Sunbeams & Explorers (grades Pre-K through 5th)

At least how many times a day should you brush your teeth? _____

What do you do to keep your hair clean and combed? Why is this important?

Remember there are different types of hair, that means people can care for their hair in different ways.

Check the boxes on the chart when you complete each item.

My Hygiene Chart	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Teeth Brush Twice							
Face Wash morning or night							
Bath or Shower							
Hair Clean and Combed							

Activity 2



Girl Guards & Rangers (grades 6th through 12th)

Keep a record of your daily hygiene routine. Fill in the blank boxes if needed. Check the boxes on the chart when you complete each item.

My Hygiene Chart	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Teeth Brush Twice							
Face Wash morning or night							
Bath/Shower							
Used Deodorant							
Hair Clean and Combed							
Nails Clean & Trimmed							
Clothes Clean & Neat							

If you need any toiletries or hygiene items (example: toothbrush, deodorant, soap, etc.) contact your corps officer or leader. They may be able to help.

Activity 3



It is important to eat a variety of food. There are 5 main food groups. Talk with your family about some of the foods that fall into each category.

Moonbeams; Using the plate on the next page. Draw a picture or find a picture in a magazine or newspaper of foods for each food group section of the plate. See if you can plan a balanced and delicious meal.

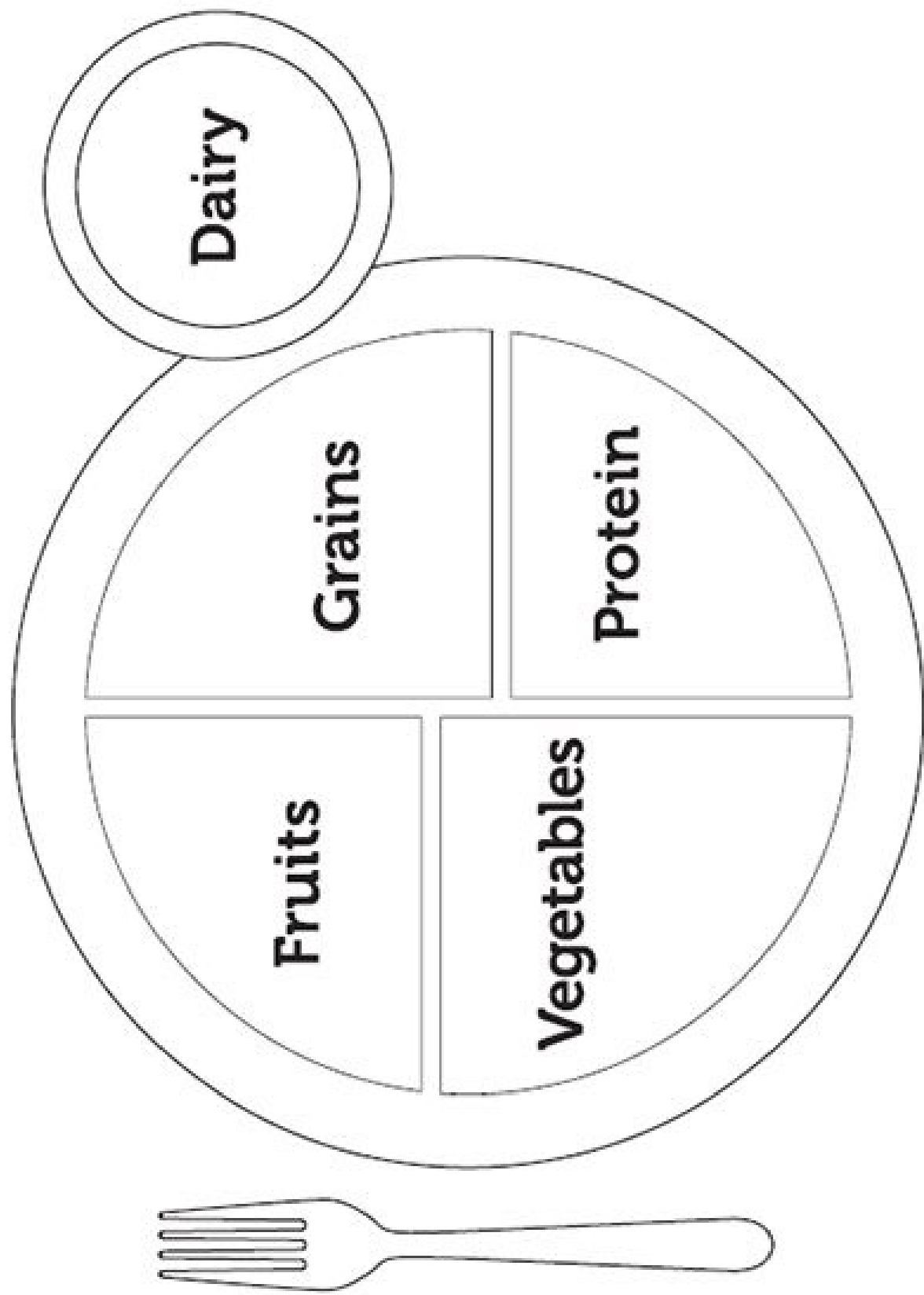
Sunbeams & Explorers: Create a meal menu for your family that includes all of the food groups. Work with your family to see if you can help prepare this meal. Then using the plate on the next page. Draw or list at least 3 foods for each food group section. You might also find pictures in magazines or newspapers.

Girl Guards & Rangers: Create a meal plan for 3 days. You can visit www.myplate.gov/tip-sheet/healthy-eating-teens for recipes, meal suggestions and serving suggestions. Don't forget to plan for snacks too!

Day One	
Breakfast	
Lunch	
Dinner	
Snack	

Day Two	
Breakfast	
Lunch	
Dinner	
Snack	

Day Three	
Breakfast	
Lunch	
Dinner	
Snack	



ChooseMyPlate.gov

Activity 4



Activity 4

It's time to get up and get moving. After spending the day in school or learning from home behind a screen, it is important to get your body moving for 30 min a day. Maybe you could take a walk or a bike ride. Or play a game of kickball at the park. You can even get moving inside too!

You can even break up your 30 mins of activity into smaller chunks. You can start the day with a 10 minute walk, have a 10 minute dance party after lunch and finish off the day with 10 minutes of stretching.

Write down what activity you did for each of the week days in a week. For some movement videos see the resources below.

	Mon	Tues	Wed	Thur	Fri
Exercise/Activity					

Movement videos options:

Cosmic Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>

The Kiboomers Kids Movement: <https://www.youtube.com/c/KIBOOMU>

20 Online Kids Workout: <https://www.youtube.com/channel/UCi2e8jhzHRdndkokcoZ5CWQ>

P.E. with Coach Joe: <https://www.youtube.com/c/TheBodyCoachTV/videos>

Which movement activity is your favorite to do? _____

When do you prefer to get moving? _____

What is one new activity that you chose this week? _____

**Girl Guards & Rangers (grades 6-12): Can you complete the 21 day movement challenge?
Try making a plan to exercise or move for 21 days to help build healthy habits.**

Activity 5 & 6



Activity 5

How much sugar is hiding in the food and drinks you consume? According to Michigan State University Extension, about 4 grams of carbohydrates equals 1 teaspoon of sugar.

For example: One brand of ketchup has 4 carbohydrates in one tablespoon of sauce. Using their formula, you will discover that a tablespoon of that ketchup contains one teaspoon of sugar.

4g Carbs = 1 tsp of Sugar

Now try it for yourself. Look at the label of your favorite soft drinks, sauces (ketchup, barbeque sauce, salad dressings, etc.) candy bars, chips, etc. to find the number of carbohydrates and then do the math.

___ g Carbs = ___ tsp of Sugar

Activity 6

What are qualities that make a person attractive? What are some characteristics you admire in others? Take a moment to think of 5 people that you look up to and list qualities that you admire in them.

Now, it is time for you to inspect yourself. What things do you most admire? On the next page make a list of your best features, inside and out!

God made a masterpiece when He created you. All the special things you like about yourself were designed just for you. Celebrate being the masterpiece God created you to be!

Look up and read Isaiah 64:8 to be reminded how special you are.

5 things I admire in others

1. _____

2. _____

3. _____

4. _____

5. _____

10 things I like about me

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____



Don't forget to turn in your completed packet to your leader!