



HEALTH IN ACTION PATCH PROGRAM

Girl Scout Daisies and Brownies



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Education

Do at least one of the following:

- **Make a safety plan.** Ask an adult to teach you about calling 9-1-1 for emergencies. Work together to complete a safety information sheet (*Appendix 1*) to keep by the phone. Create an escape route diagram of your house in case of a fire, and practice the route at home.
 - **Adults:** *Tips for talking about 9-1-1 can be found in Appendix 1*
- **Learn about the body.** Work on coloring sheets (*Appendix 2*) to learn about your body. Fill in the heart with red and blue. Color a picture to show what makes you, YOU! Talk with your troop or family about the things that make each of us different.
- **Practice good hygiene.** Learn about the importance of hand washing by playing the glitter game (*Appendix 3*). Practice washing your hands properly to avoid the spread of germs.

Hands-On

Do at least one of the following:

- **Jump around.** Put on your favorite song, grab a friend, and jump rope! Jump for the entire song, dance a little, move around, and sing. Afterward, talk about why exercise is so important.
- **Listen to your heart.** With the assistance of an adult, put your fingers on your wrist to feel your heartbeat. Count how many times it beats in ten seconds. Then run in place for 30 seconds. Check your heartbeat again and talk about how it changed.
 - **Adults:** *Tips for taking a radial pulse can be found in Appendix 4*
- **Make a snack.** Create a snack sculpture using at least two kinds of fruits or vegetables. Get creative and have fun — can you make an animal or bug? Talk about eating good foods to keep your body healthy.
 - **Adults:** *Tips and ideas for healthy snacks can be found in Appendix 5*

Health in Action

Do at least one of the following:

- **Visit the market.** Go to a grocery store or farmer's market with your troop or family. Find five green fruits or vegetables, five red fruits or vegetables, and five orange or yellow fruits or vegetables. When you get back, draw a picture of the fruits and vegetables you saw, and circle the ones you have tried.
- **Think about health.** Draw a picture about what it means to you to be healthy. Include words or a few sentences describing the importance of healthy eating and being active. Be creative! Your drawing can include family and friends, and activities you enjoy doing.
- **Perform.** Create a song or cheer about what it means to be healthy. Perform it for your troop or friends, and have them join along!

Family

Do at least one of the following:

- **Get active.** Take a bike ride, go for a walk, or head to the park with one or more of your family members. Go three times in one week, for at least a half an hour each time.
- **Have a picnic.** Pack a picnic with your family full of healthy foods. Take your picnic to the park and play before or after you eat!
- **Go on a scavenger hunt.** Get moving inside your house with a scavenger hunt (*Appendix 6*). Include your entire family, and see who can complete the scavenger hunt the fastest.

HEALTH IN ACTION PATCH PROGRAM



Activity Report & Patch Order Form

Contact Name: _____ Email: _____

Program Level: Daisy Brownie Junior Cadette Senior Ambassador

Troop # _____

Number of girls who earned this patch (if submitting as a troop): _____

Health in Action patches are available for free at your local Girl Scout Resource Center with submission of this Patch Program activity report.

Thank you for participating in the Froedtert & the Medical College of Wisconsin Health in Action Patch Program. We hope the activities helped you explore health by learning and practicing healthy behaviors with your troop or family. Please take a few minutes to complete the short evaluation below:

- 🍀 Which patch activities did you choose to complete?

- 🍀 What did you enjoy about this program? What didn't you enjoy?

- 🍀 Would you recommend this patch program to other Girl Scouts/troop leaders? Why or why not?

- 🍀 What changes would you recommend to improve this patch program experience?



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Appendix 1

• [Tips for talking about 9-1-1](#)

• Safety Information Sheets



HEALTH IN ACTION PATCH PROGRAM

Tips for talking about 9-1-1

Talking About 911 with Kids

Everyone needs to know about calling 9-1-1 in an emergency. But kids also need to know the specifics about what an emergency is. Asking them questions like, “What would you do if we had a fire in our house?” or “What would you do if you saw someone trying to break in?” gives you a chance to discuss emergencies and what to do if one happens.

For younger children, it might also help to talk about who the emergency workers are in your community — police officers, firefighters, paramedics, doctors, nurses, and so on — and what kinds of things they do to help people who are in trouble.

When to Call 9-1-1

Teach kids that a 9-1-1 emergency is when someone needs help right away because of an injury or an immediate danger. For example, they should call 9-1-1 if:

- there’s a fire
- someone is unconscious after an accident, drinking too much, or an overdose of pills or drugs
- someone has trouble breathing, like during an asthma flare-up or seizure
- someone is choking
- they see a crime happening, like a break-in, mugging, etc.
- there’s a serious car accident

Kids may feel scared or nervous if they have to call 9-1-1. Tell them that the emergency operators who answer the phone talk to a lot of kids who are nervous or worried when they call. Tell them to stay as calm as they can.

Make sure your kids know that even though they shouldn’t give personal information to strangers, it’s OK to trust the 9-1-1 operator. Explain that the emergency operator will ask them what, where, and who questions such as:

- “What is the emergency?” or “What happened?”
- “Where are you?” or “Where do you live?”
- “Who needs help?” or “Who is with you?”

They should give the operator all the information they can about what the emergency is and how it happened. If they’re old enough to understand, also explain that the emergency dispatcher may give first-aid instructions before emergency workers arrive at the scene.

Other Things to Know About 9-1-1

- Make sure your kids understand that calling 9-1-1 as a joke is a crime in many places. Every prank call or unnecessary call to 9-1-1 can delay a response to someone who needs help.
- Kids should make sure they’re safe before calling 9-1-1. For example, if there’s a fire in your home, they should know to leave the house before calling 9-1-1.
- Although most 9-1-1 calls are now traced, it’s still important for your kids to have your street address and phone number memorized.

More Safety Tips

Here are some other safety tips to keep in mind:

- Always refer to the emergency number as “nine-one-one,” not “nine-eleven.” In an emergency, a child may not call the number correctly if trying to find the “11” button on the phone.
- Make sure your house number is clearly visible from the street so that police, fire, or ambulance workers can easily locate your address.
- If you live in an apartment building, make sure your child knows the apartment number and floor you live on.
- Keep a list of emergency phone numbers handy near each phone for your kids or babysitter
- Keep a first-aid kit handy and make sure your kids and babysitters know where to find it. When kids are old enough, teach them basic first aid.

Reviewed by: Elana Pearl Ben-Joseph, MD
Date reviewed: October 2018

Note: All information on KidsHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.

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9-1-1

Emergencies do not happen very often, but when they do, you want help **FAST**. Dialing 9-1-1 is the fastest way to get help for yourself or someone else.



When to CALL:

- A person is badly hurt or in **danger**
- There is a **fire**



When NOT to call:

- You cannot find your toy
- You have not done your homework

Home address: _____

Family medical conditions (allergies, asthma, diabetes, etc.): _____





Poison HELP.®



1-800-222-1222



When to **CALL**:

- Someone swallowed poison or chemicals
- Someone took pills that belong to someone else



When **NOT** to call:

- Someone drank too much juice
- You ate all the red M&Ms®

Emergency contact numbers

Home phone number: _____

Mom's work: _____ Mom's cell: _____

Dad's work: _____ Dad's cell: _____

Emergency contact name: _____

Emergency contact number: _____





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Appendix 2

• [Heart coloring sheet](#)

• [What Do You Look Like? coloring sheet](#)



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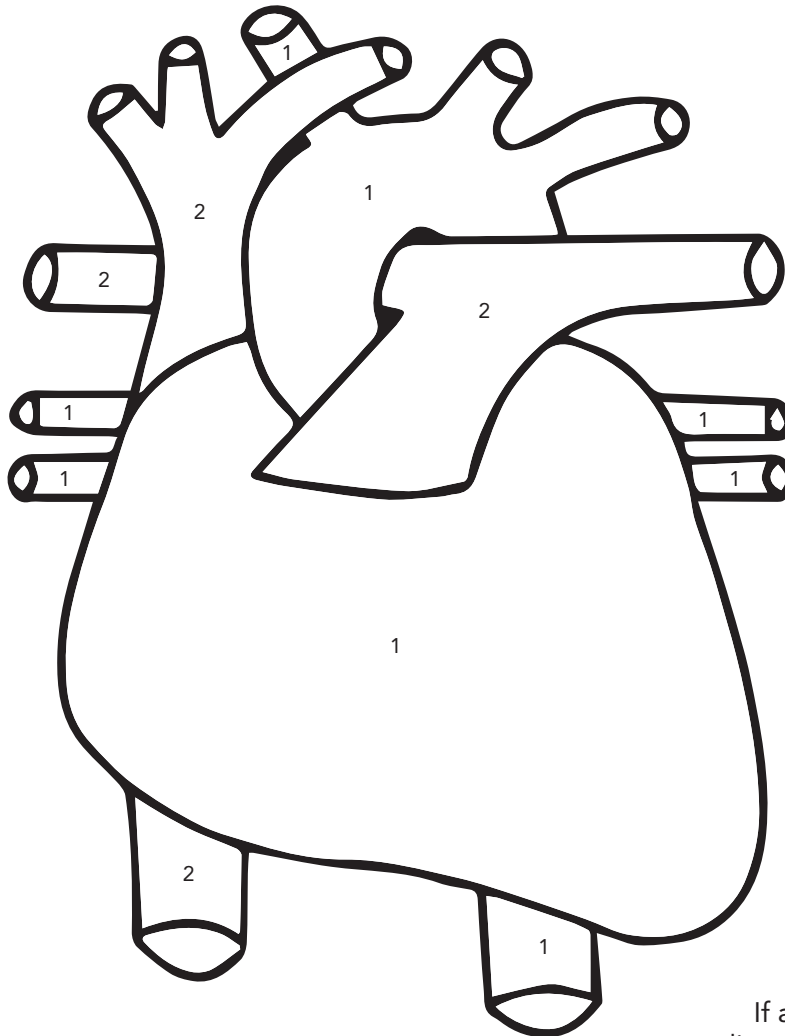
Heart coloring sheet

The human heart is made up of two different kinds of blood vessels. Blood vessels are hollow tubes that carry blood all over the human body. The human body has three kinds of vessels: arteries, veins, and capillaries. In the human heart there are arteries and veins. Arteries carry blood away from the heart and veins carry blood toward the heart. Capillaries connect the arteries to the veins, throughout the body.

Color the heart using **RED** for areas that have a number 1 and **BLUE** for areas that have a number 2. Red areas bring oxygen rich blood to your body, and blue areas bring blood back to your heart to receive oxygen from your lungs!

ARTERIES

Color the areas **red** that are numbered 1.



VEINS

Color the areas **blue** that are numbered 2.

FUN FACT

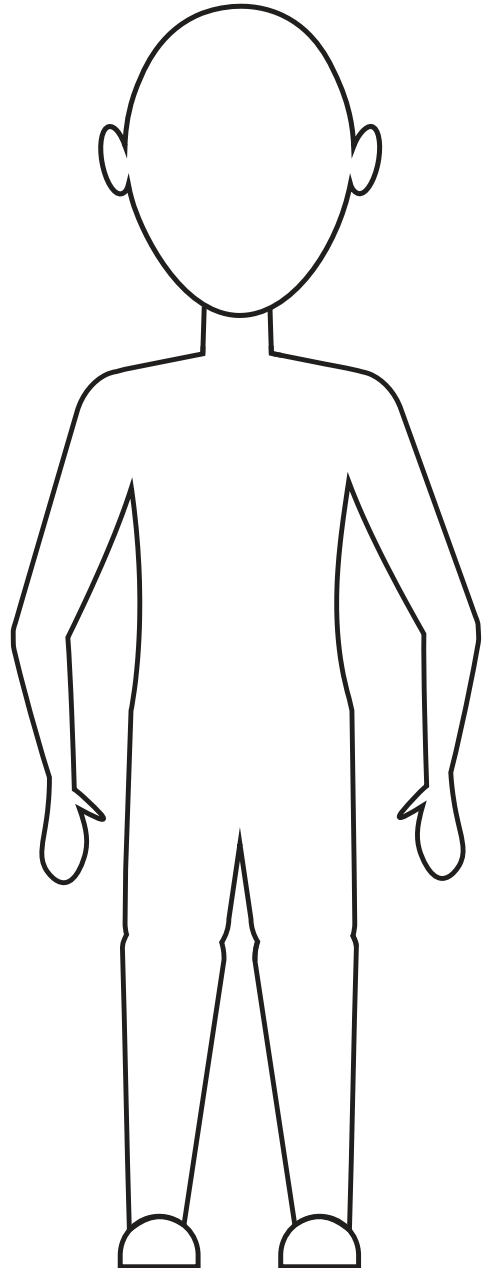
If all the blood vessels were lined in a row from a child-sized body, they would form a line more than 60,000 miles long.

Name: _____

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What Do You Look Like?

Color the picture below using crayons or markers and show everyone what makes you, YOU!



Name: _____



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Appendix 3

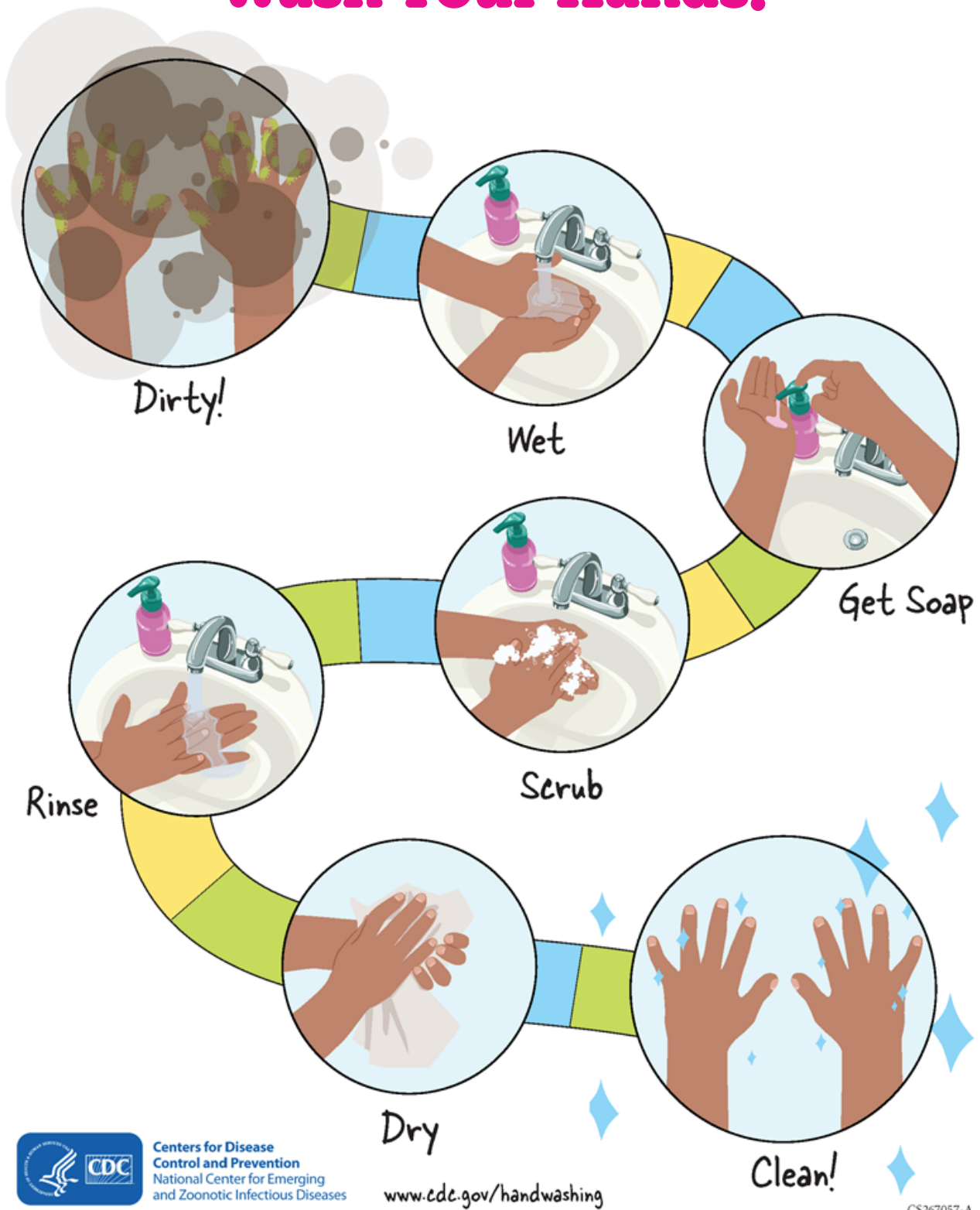
• [Hand washing instructions](#)

• [Glitter Game instructions](#)



HEALTH IN ACTION PATCH PROGRAM

Wash Your Hands!



HEALTH IN ACTION PATCH PROGRAM

Glitter Game

Duration of activity

- 10 minutes

Materials/equipment needed

- Glitter
- Soap, running water
- Paper Plate (optional)

Preparation

Make sure you remove any objects from the sink that you don't want to get glitter on. Like germs, glitter spreads easily!

What to do

- Put a small amount of glitter in each child's hands and tell them to rub their hands together so the glitter goes all over them. You could pour the glitter straight from the container, or spread it on a paper plate and let them place their hands lightly in it. If you use a plate, pour any excess glitter back in the container and discard the plate when you're finished.
- Tell them the glitter is germs that cause diseases like colds and diarrhea.
- Instruct your child to touch different parts of their body (e.g. their face and hair), shake hands with another person, and touch different objects in the room.
- Talk to your child about how the glitter sticks to everything they touch. Tell them that germs are the same, once they get on your hands they spread to everything you touch.
- Now tell your child that to remove germs from their hands, they need to wash them.
- Go to the sink and help your child wash their hands with only water. **DO NOT USE SOAP YET.**
- When they have finished, talk about how there is still a lot of glitter on their hands, and the reasons why (because water alone is not enough to get germs off the hands, we also need to use soap).
- Now help your child wash their hands with soap and water using the proper hand washing technique.
- Talk about how soap helps water wash the germs away and that's why it's important to use soap every time you wash your hands.

Next Steps (Optional)

- If you're playing this game with a group of children, give each child a different color glitter. When they have all finished touching things, you'll be able to look at whose "germs" spread to who.
- If you use different colored glitter you could tell each child they have a different type of germ, for example that green glitter is cold germs and red glitter diarrhea germs. You could then talk about who caught the diseases when the germs spread, saying for example, "Jane has green cold germs on her nose, she's caught a cold." For older children you could use germ names like the flu.
- Be aware that some kids might find the idea of having germs on their hands unappealing or downright scary. It's understandable because kids might associate germs with illness and days spent in bed and away from playing and other things they love. Be sure to explain that the glitter germs are only pretend and will not really cause sickness. However, if your child still seems hesitant or scared, use a pair of cut out paper hands instead — run a glue stick over them before pouring the glitter so that it sticks.

Safety

- Supervise the children to make sure they don't try and eat the glitter.
- Always keep an eye on your children while they are at the sink.

Continue on next page »

Educational outcome

- **Awareness of health and wellbeing.** Understanding how healthy habits like hand washing are related to keeping the body healthy is an important part of childhood development. Because children learn using their senses, understanding that germs which can't be seen or smelled can cause disease can be a challenge. This game allows children to visualise germs and will help them understand the connection between hand washing and keeping themselves healthy.
- **Self-care.** Children learn how to care for themselves as they grow up. Washing hands is an important self-care task that most children can do for themselves by about age four. But practice makes perfect and this game also provides plenty of opportunities for practicing hand washing.
Being able to care for one's own health, for example protect from infection by washing the hands, is also an important step in early childhood development. Young children depend on their parents a lot, but they take pride in being able to care for themselves. Children can usually wash their hands independently. Before then, providing them opportunities to participate in self-care is an important way to encourage them to do it independently.
- **Communication skills.** As you talk to your child about how germs spread you'll be helping them develop the skills they'll need to communicate effectively. For example, they will learn:
 - The importance of listening to information.
 - That they sometimes need to ask questions to get more information.
 - That people take it in turns to speak when they have a conversation.



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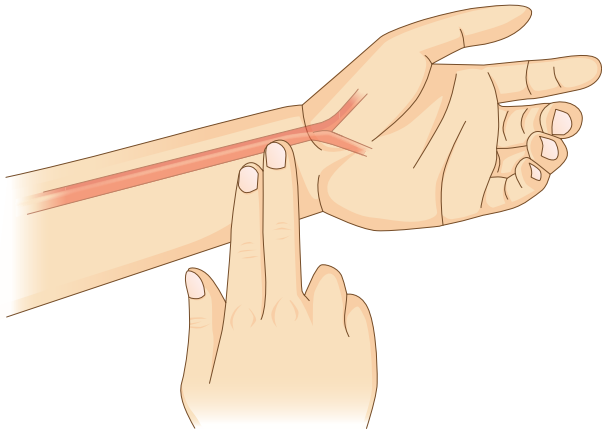
Appendix 4

- [Tips for taking a radial pulse](#)



HEALTH IN ACTION PATCH PROGRAM

Tips for taking a radial pulse



1. Extend one hand and locate your pulse in the groove in your wrist above your thumb joint.
2. Use your index and middle fingers of your other hand to press firmly, but lightly on the pulse point.
3. Count the number of beats in 10 seconds. Use the table below to find your heart beats per minute while you are resting. What happened to your heart beat after you did some exercise?

Beats in 10 seconds	Multiply	Heart beats per minute
9	$9 \times 6 =$	54
10	$10 \times 6 =$	60
11	$11 \times 6 =$	66
12	$12 \times 6 =$	72
13	$13 \times 6 =$	78
14	$14 \times 6 =$	84
15	$15 \times 6 =$	90
16	$16 \times 6 =$	96
17	$17 \times 6 =$	102
18	$18 \times 6 =$	108
19	$19 \times 6 =$	114
20	$20 \times 6 =$	120



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Appendix 5

- [Tips for making healthy snacks](#)



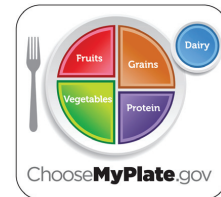
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Tips for making healthy snacks

10
tips
Nutrition
Education Series

kid-friendly veggies and fruits

10 tips for making healthy foods more fun for children



Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

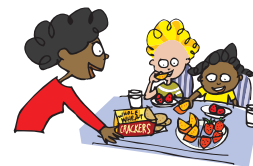


9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.





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Appendix 6

- [Scavenger hunt](#)



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Scavenger hunt

Go on a scavenger hunt in your very own house! Grab a friend, a sibling, or a parent and hunt for the items. Leave this list out or up on your computer screen as you search for each item. As you complete each task, come back to the list to read the next item. Make it a race and see who can finish the list fastest. Use a stopwatch or a clock to time yourselves.

1. Touch two tissue boxes
2. Get in and out of bed (with covers) five times
3. Touch your mailbox
4. Grab a spoon from the kitchen and bring it back
5. Point to a healthy snack in the refrigerator, like fruits or vegetables
6. Touch every doorknob in the house as fast as you can
7. Find a food in your pantry or refrigerator with less than 100 calories per serving (*check the nutrition label*)
8. Find three red things in your house, bring them back
9. Find three different soft items like a bath towel, bed sheet, and t-shirt, bring them back
10. Grab the remote control and bring it back
11. Touch two soap containers or bars
12. Grab your pillow and bring it back
13. Touch your tube of toothpaste
14. Find any book or magazine and bring it back
15. Touch your hair brush or comb
16. Find a roll of tape and bring it back
17. Touch a CD, radio, or MP3 player
18. Touch a clock
19. Find a pair of socks and put them on
20. Get a plastic cup and bring it back
21. Touch a phone
22. Touch three light switches
23. Touch a window
24. Find a picture, poster, or wall art with the color blue in it and point to it
25. Bring a stuffed animal back
26. Grab a DVD and bring it back
27. Touch the laundry detergent
28. Touch a plant (real or fake)
29. Give someone in your house a hug
30. Run into every room in the house and jump twice
31. Sit down in three different chairs
32. Walk around the kitchen table
33. Find a ball and bring it back
34. Touch a canned food item in your pantry
35. Grab a towel from the kitchen and bring it back
36. Point to two trash cans in your house
37. Find a plastic bag and bring it back
38. Grab a hat and bring it back
39. Touch your shampoo bottle
40. Touch the kitchen sink

Remember to put everything back when you finish!



http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/ActivitiesforKids/Get-Active-with-our-Healthy-Challenge-Scavenger-Hunt_UCM_312472_Article.jsp