



girl scouts
of greater chicago
and northwest
indiana

Staying Fit at Home Badge Activities For Girls in Grades 4-5

NO MORE COUCH POTATOES! 30-SECOND FITNESS CHALLENGE

Learn different ways to keep moving, check your pulse and track your progress! Play a game called 30-Second Fitness Challenge that will help you try some new ways to get moving. Use the poster board with your name on it to track some of your favorite workouts.

1. Have your girl find her pulse. To find her pulse, take her index and middle fingers and place them on her wrist under the crease that runs below her thumb
2. Have her push lightly with her fingers, and she should be able to feel a beat. Can she find her pulse?
3. Once she has found her pulse, use a stop watch to count how many times it beats in 30 seconds
4. Multiply that number by 2 and she just learned how to calculate her heart rate by seeing how many beats per minute the heart is pumping!
5. Have her write down what her heart rate is while she is at rest, and again after the game is over. When resting or not really moving, her heartrate should be between 70-100.
6. Turn on some music and call out some movements back to back to see which ones she likes. Restart the stopwatch after each movement
 - a. Touch her toes (moving up and down)
 - b. Do jumping jacks
 - c. Dance, free style
 - d. Do boxing punches



Supplies Needed

- Large poster board
- Markers
- Stopwatch
- Music

Time to Complete

- 30 minutes

- e. Jog in place
- f. Walk around the room
- g. Stand on her tiptoes with arms outstretched, hold the pose
- h. Do some stretches (girl's choice!)
- i. Take a moment to check her heart rate again
7. Ask your Girl Scout how these activities made her feel?
 - a. Did any of the activities make you feel out of breath? Which ones?
 - b. Which activity did you like the most? Let's write that one down next to your name, or maybe there is something we didn't try that you really like to do -- we can write that one down
8. Write an activity next to the girl's name
9. Next week at home, try to do this activity for 2 minutes every day. That's just one commercial break!

GO, SLOW AND WHOA ACTIVITY

Human beings need energy to breathe, move, pump the blood from your heart through your body, go to school, even to think! Learn how we get, store, and use energy to get us through the day! This is called "energy out".

1. Ask your Girl Scout where she thinks the energy that we use for all of those activities come from? Does it come from food and beverages?
2. Explain to your girl that calories, also known as measurements of energy, that we get from food and beverages are how we get energy into our bodies, (Example: if you eat something that has 100 calories, that's how much energy your body will get from eating it.) This is called "Energy Out"
3. Talk to your girl about Energy Balance- the balance of energy in, the calories you get from eating and drinking, and energy out, the calories you burn through physical activities
4. Now, give a set of food cards to your Girl Scout
5. Let her give ideas about why different foods are healthier than others
6. Have the girl (and siblings if applicable) choose a food randomly from the refrigerator or pantry to read the label
7. Refer to your "Read It Before You Eat It" poster and explain how the nutrition label on foods give you basic information and that it's important to check them before you decide whether it's smart to



Supplies Needed

- Food in refrigerator and pantry
- Read It Before You Eat It Poster copies for each girl
- Go, Slow and Whoa Key Sheet

Time to Complete

- 20 minutes

eat that food. Go over:

- a. **Calories** – A unit of energy. If you have too many calories, you get too much energy in and you need to get the energy out by moving your body.
 - b. **Fat** – Small amounts are good for your brain and nervous system, but too much can affect your health. Plus, fat has a lot of calories, so if you eat too much you get too much energy in.
 - c. **Sodium** (salt) – Our bodies really don't need much.
 - d. **Sugar** – Gives energy but breaks down quickly, and if you eat too much you get too much energy in.
 - e. **Dietary Fiber** – A good source of long-term energy that also helps your digestive system.
8. Help your girl to understand the difference between “Go foods”, “Slow foods”, and “Whoa foods”
 - a. **Go Foods**- healthy things like fruits, vegetables and protein and you can pretty much eat as much of them as you want
 - b. **Slow Foods**- fairly healthy, but they might have more energy in them or less nutrients than go foods, so you should only eat them a couple of times a day
 - c. **Whoa Foods**- things like cake, cookies, chips, soda, French fries and other foods that are high in fat, calories and sugar and we really should avoid eating them and only have them on special occasions or maybe once a week to keep ourselves healthy
 9. Look through your refrigerator and pantry and make a list to divide the food into three columns for each type of food—go foods, slow foods and whoa foods
 10. Now that you've figured out how much “energy in” you'll be getting from these foods, exercise to keep your energy balance with energy out!
 11. In your group, decide what kind of exercise you want to do per food type
 - a. For each go food in your piles you have to do 5 repetitions
 - b. For each slow food you have to do 7 repetitions
 - c. For each whoa food you have to do 10 repetitions
 12. When you say go, family members should start their exercises to burn off the energy they would take in if they ate all of the foods in their three columns

IN WITH THE GOOD, OUT WITH THE BAD ACTIVITY

In this activity, you will learn how to separate the healthy foods from the unhealthy foods. Play a game where you will try to gather as many healthy foods and get rid of as many unhealthy foods as possible.

1. Pick two areas or surfaces in the kitchen for the playing area
2. Place ten random food items from the kitchen on each surface
3. Label one space “Healthy” and one space “Unhealthy”
4. When you say go, each girl or family member can grab one unhealthy food at a time and move it to the unhealthy food space, and one healthy food at a time and move it to the healthy food space. Each person can only carry one piece of food at a time. The goal is to separate the unhealthy food from the healthy food as quickly as possible
5. Once they are done, look at the results to see if they correctly identified the healthy and unhealthy food
6. Now, mix it up and try it again to see if your family can beat their last time!



Supplies Needed

- Food in refrigerator and pantry

Time to Complete

- 20 minutes

DE-STRESSING VISUAL ACTIVITY

De-stress by creating visuals! Good mental health is really important to your body as well. Worrying or stressing isn't good for our bodies, so we'll find some ways to relax and help our minds stay in shape.

1. Draw a picture of one of the ways you like to de-stress or relax.



Supplies Needed

- Paper
- Markers/crayons

Time to Complete

- 10 minutes

ANIMAL YOGA ACTIVITY

Stress less with animal yoga! Staying fit means working more than just your muscles that you can see -- it also means keeping another muscle – your brain – in shape as well.

1. Ask girls to remove their socks and shoes
2. Before you begin practicing yoga, you need to first find your breath. Concentrating on your breath and breathing in and out slowly can help your mind
3. Breathe in through your nose slowly and out through your mouth. As you breathe, try and feel the breath fill your belly, then your ribs, then your chest and then let it out that way too
4. Lie down on your backs, and just breathe slowly
5. Yoga usually begins with breathing and stretching exercises. Try out the different poses below
6. Remember: everyone's body is different. If something hurts, you definitely shouldn't be doing it. Have your Girl Scout raise her hand if a pose is too difficult and needs to be modified or changed
7. Remind your girl to breathe through each animal pose
8. Keep It Girl-Led Tip: After doing some of the poses listed here, have girls make their own animal yoga poses that seem relaxing to them!



Supplies Needed

- Mats or Towels

Time to Complete

- 15 minutes

Mountain Pose

1. Stand tall with your feet together, arms at your sides.
2. Your shoulders should be relaxed.
3. Make sure your weight is distributed evenly through your feet.
4. Take a deep breath and raise your hands overhead, palms facing each other with arms straight.
5. Reach toward the sky with your fingertips.
6. Hold for 10 seconds.

Upward Facing Dog Pose

1. Begin on the floor, lying on your stomach.
2. Bring your hands up by your shoulders, palms on the floor.
3. Inhale, press your hands into the floor.
4. Straighten your arms, lift your head and torso up as high as you can, keeping your elbows close to your body.
5. Hold this position, breathing easily.
6. Exhale, return to the floor, leading with your chin.
7. Breathe deeply and hold for 30 seconds to 1 minute.

Frog Pose

1. Squat on the floor, balancing on your toes, knees spread wide, hands on the floor between your legs.
2. Look up and inhale.
3. As you exhale, straighten your legs and lower your head toward your knees.
4. Return to squatting position, then repeat.

Shark Pose

1. Begin on hands and knees in Table pose.
2. Exhale, straighten knees and lift hips.
3. Hold your head between your upper arms, do not let it hang or press heavily into the floor.
4. To release, exhale and bring knees to the floor.

Explain to kids that they are the fins on the back of a shark, poking out of the water. To encourage breathing, have them make the “Jaws Theme” sound while holding this pose.

Keep It Girl-Led Tip: After doing some of the poses listed here, have girls make their own animal yoga poses that seem relaxing to them!

Cat/Cow Pose

1. Lay down on your back.
2. Start in the Table pose, by kneeling on hands and knees. Make sure hands are below shoulders, and knees are below hips.
3. Inhale, look up to the ceiling, and allow your belly to sink toward the floor (Cow pose).
4. Exhale, round your back towards the ceiling, and look at your belly (Cat pose).

Repeat. Have girls meow in Cat pose and moo in Cow pose to encourage breathing.

SNACK CHAT ACTIVITY

There are a lot of untrue facts out there, sometimes even in commercials or on the packaging for our favorite foods. Discuss fact from fiction as it relates to health tips while enjoying your snack.

1. Ask your Girl Scout a series of statements and allow her to decide whether it is true or false
2. Have her raise her hand if it is true, and shake her head if it is false
 - a. Eating carrots helps your vision.**
 - b. Answer: False -- although carrots are really good for you and contain lots of vitamin A, they don't improve your eyesight.
 - c. Getting a good night's sleep is important for your health.**
 - d. Answer: True – sleep is one way to conserve energy. Our body is restored while we sleep, our brain is recharged, chemicals replaced, tissues and muscles repaired – which is why getting a good night's sleep makes us feel more alert, energetic and happier.
 - e. If you swallow your gum, it will stick in your stomach for years.**
 - f. Answer: False -- gum has certain components that can't break down in your stomach, but they just pass through your body. Even though it seems like gum is sticky when we chew it, it is the same as any other food.



Supplies Needed

- Healthy Snack

Time to Complete

- 15 minutes

g. If a food packaging says all natural, then it is good for you.

h. Answer: False, -- even if it says all natural it can still have a lot of sugar, lots of fats, or other things that can be bad for you. It is important to read the nutritional label to really tell if it is a healthy snack. And a good rule: the fewer the ingredients the better. If you can't read what is in it, it is probably best to leave it alone.

FIT FAMILY DEMO ACTIVITY

Getting outdoors and having fun with your family is a great way to stay fit. In this activity, you will come up with fun ways to keep the whole family involved!

1. Prepare in advance: Index cards with Family Fitness activity ideas like after dinner walk, dance session, bike ride through the neighborhood, jump rope etc.
2. Have your girl choose one of the exercise index cards, but don't show her partner
3. Have her pair up and act out the idea they both chose on an index card and say why she thinks would be a fun thing to suggest for your family
4. One of the best ways to keep your family in shape is to do something active every day. Ask your Girl Scout, what's a good way to make that happen?
5. What are some other ways your family can stay fit doing things we do every day?
6. How will you make sure you and your family stay active?



Supplies Needed

- Index Cards
- Writing Utensils

Time to Complete

- 20 minutes



ONCE YOUR GIRL SCOUT COMPLETES THESE ACTIVITIES, THEY HAVE EARNED THE STAYING FIT BADGE!

Badges can be purchased at shopgirlscouts.com



**NOT A GIRL SCOUT?
NOT A PROBLEM!
LEARN MORE ABOUT JOINING!**
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