

Make Every Step Count Patch Program

(Daisy, Brownie, and Junior)

Girl Scouts - North Carolina Coastal Pines
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The purpose of this patch program is to educate Girl Scouts, troop leaders, and families on healthy living. The focus of the program is exercise, healthy eating, and wellness. Those who participate in the program will do a step challenge, learn about go foods and whoa foods, and encourage others in their community to be healthy.

The program was adapted from our original Make Every Step Count patch program. We thank those from Girl Scouts- North Carolina Coastal Pines who originally created the patch program.

Requirements to Earn Patch

Girl Scout Level	Required (See below)	Discover	Connect	Take Action	Total Activities
Daisies	1	2	2	2	7
Brownies	1	3	3	3	10
Juniors	1	3	3	3	10

Daisies- Must do the required activity and 2 activities per section (Discover, Connect, and Take Action)

Brownies/Juniors- Must do the required activity and 3 activities per section (Discover, Connect, and Take Action)

Required Activity

1. Step Challenge

The recommended amount of steps for a child is 12,000 a day and the recommendation for adults is 10,000. These recommendations are for optimal health. As a troop, individuals, or as families set a step goal (this patch program is a great one to include families). Tailor the goal to those who are participating. You can set a daily step goal, weekly step goal, weekend step goal, weekday step goal, or 3 day step goal. The options are endless! Set a goal that you are going to be able to meet each week. If Girl Scouts aren't wanting to wear pedometers at school then make the challenge for evening or weekends only. As long as you are stepping, you are working towards a healthier life style!

Use the Goal Chart attached (Resource Section) to set a step goal for each week. Log the number of steps you take on the days you are in the challenge.

Pedometer Reservation

Girl Scouts – North Carolina Coastal Pines has pedometers that can be reserved by troops. A deposit is required to reserve the pedometers. The cost is \$1.00 per pedometer. There are a limited number of pedometers for reservation. If all pedometers are being used by other troops you can purchase low-cost pedometers at the link below or use a phone app.

<https://www.pedometersusa.com/>

Pedometers reserved from GS - NCCP can only be used by Girl Scouts and Troop Co-Leaders due to the limited number of pedometers. Girl Scouts family members who want to participate in the Step Challenge must provide their own pedometers.

If you are interested in using GS – NCCP's pedometers please call your nearest GS - NCCP Shop (Raleigh, Wilmington, Fayetteville, and Goldsboro) to check pedometer availability. Pedometers can be shipped to troops for a non-refundable \$5.00 fee. Click [here](#) to get the number of our shops.

Discover

1. Why Exercise

Get two pieces of large paper. Write before on the top of one and after on the top of the other. Have your troop sit for 2 minutes without moving or talking. Then, ask them to tell you how they felt when they had to sit quietly, write their responses on the before paper. They might respond with bored, antsy, or sad.

After you talked about how they feel, do the following exercises as a troop:

- Touch your toes
- 10 jumping jacks
- Run in place for 30 seconds
- High knees
- Stretch your arms
- Hop up and down 8 times

After your troop has done all the exercises ask them how they feel. They might respond with happy, excited, or healthy.

Explain to your troop that exercise makes your body healthy, because you get stronger and more flexible. It also it good for your heart and mind. Chemicals release in your brain that making you feel better after you move.

2. How Many Steps

This activity will help your troop start to think about the number of steps they take during simple daily tasks. Knowing that things like cleaning, shopping, and other activities keep you fit will encourage them to keep moving and stay active.

Fill out the How Many Steps sheet in the **Resource Section**.

3. Food Tag

Play a game of tag to demonstrate what certain foods do to our energy level and bodies. Here is how you play:

1. Make signs for your troop, half the troop will have healthy food on their sign (carrot, broccoli, skim milk, chicken, etc.) and the other half will have unhealthy food (chocolate cake, soda, hamburger, fries, etc.)
2. Divide your troop in half and give them the signs.
3. Explain that those who have unhealthy food on their sign can only walk in the game and those who have a healthy food get to run- make sure you clarify which type of food they are (healthy or unhealthy). If they aren't sure discuss why the food is healthy or unhealthy.
4. Now pick one girl on the healthy side to be it and one on the unhealthy side. Tell the taggers that the goal is to tag as many people as they can in a minute.
5. Explain that when you get tagged you have to sit down.
6. Let the game began. Make sure everyone on the unhealthy side is walking not running!
7. At the end of the minute (or minute and a half) stop the game and see how many people each person tagged.
8. Explain that when you eat healthy food your body as lots of energy and you can run and play, but if you eat a lot of unhealthy food it is hard to move because you don't have the energy and your body doesn't move well. The healthier you eat the more energy you have and the better you feel.

9. Switch taggers and let others girls experience what is like to be healthy and have energy vs. unhealthy and feel sluggish.

4. Wellness Charades

Make a list of healthy habits that your troop is familiar with, such as brushing your teeth, sleeping, eating right, putting on sun screen, wearing a helmet, walking, shower, etc. Have each girl in your troop come up and act out a healthy habit, if they can't think of one let them borrow it from the list. After each habit has been guessed, talk about why that is a healthy habit.

5. Pass the Germs

This activity will demonstrate to your troop the important of washing their hands. Put a small amount of glitter in each girl's right hand (has a better effect if you use multiple colors of glitter) and have them rub the glitter in their hand. Then tell them to shake hands with one other person. Talk about how there is more glitter on their hands than before.

Now tell your troop to shake hands with as many of their troop mates within 30 seconds and then talk about what their hands look like now.

After, explain to your troop that the glitter is like germs and they spread from hand to hand very easily and the more hands you shake and things you touch the more germs get on your hands. Remind them that this is why it is very important to wash your hands often.

Connect

1. Create Your Own Game

Being active is very important to living a healthy lifestyle. As a troop, create a game that gets you up and moving. Change up the rules of tag or another sport. The only rule you must have, is that everyone has to keep moving at all times. So if you redo a game like kickball where people wait to kick, make the people waiting do an activity to stay moving!

You can make this count as a Take Action activity if you teach another troop or school this game.

2. Go Food, Slow Food, Whoa Food

A simple way to explain nutrition to children is Go Food, Slow Food, and Whoa Food. Read over the definitions and examples of these of these foods with your troop. Then bring in real life examples or print pictures from the Internet, have each girl identify which kind (Go, Slow, or Whoa) of food they think it is.

Go Food- foods that are low in fats and sugar and high in nutrients and vitamins. GO ahead and eat them all the time!

Slow Food- foods high in fat and sugar and low in nutrients. SLOW down and eat these foods in moderation.

Whoa Food- foods highest in fats, sugar, and calories. WHOA foods should only be eaten once in a while.

Encourage girls to eat more Go and Slow foods. There meals should be heavy on the Go and less Whoa.

Examples:

Go Foods- broccoli, carrots, apples, grilled chicken, salmon, strawberries, bananas, yogurt, whole wheat bread or pasta, skim milk and so much more!

Slow foods- eggs, popcorn, biscuits, cheese, nuts, mac and cheese, juice, %2 milk, peanut butter, waffle, veggie pizza, and so much more!

Whoa food- chocolate bars, French fries, Fried chicken, ice cream, muffins, hamburgers, hot dogs, white bread, chips and so much more!

3. Positivity Game

Do a short skit with your troop or your Co-Leader to demonstrate what it is like to work/play with someone negative. A great example is pretend you and your Co-Leader are Girl Scouts trying to decide what game to play. One of you act very negative and make it hard for the other person to have fun.

Then as a troop discuss the skit and what happened. Ask them if this has ever happened to them and how it made them feel.

Explain how being positive and negative can be contagious and effect everyone else. Play the game below to demonstrate how smiling, positivity, and laughter is contagious.

Objective of the game: to not smile or laugh

1. Have your troop sit in a circle.
2. Have one person pick a silly word, phrase, or funny face- like Captain Underpants or a fishy face.
3. Then the person who picked will look at the person to the right of them and say the phrase or make the face. The person to the right must also be looking directly at the other person. They must keep a straight face and not laugh or they are out.
4. Continue saying the original phrase around the circle until you get back to the original person
5. Then it is the person to the rights turn to pick a word for the next round.
6. This continues until one person is left and they are the winner.
7. After, talk about how it was hard not the smile or laugh when others were laughing. Encourage your troop to always be positive and spread their smiles and laughter because it makes the world a lot happier and brighter. Spread positivity not negativity!

4. Be a Sister to Every Girl Scout

A big part of being healthy is being healthy socially. This *means Being a Sister to Every Girl Scout*. Read the story below and do the activity to demonstrate how to be a good friend and have healthy relationships.

Cut a large heart out of red construction paper and hold it in your lap as you begin to tell the story below:

This is a story about a special friend named Julie. She always came to school with a smile on her face and a big heart full of love for her classmates. (Hold up the big heart.) Julie listened to her teacher, did her best work, and helped her friends. However, some of her friends weren't always so kind. Jane made fun of her shoes and broke a little of her heart (Tear off a piece of the heart and let it drop to the floor.) Ann said, "I'm saving this seat and you can't sit here" at story time and broke a little more of her heart (Tear off a piece of the heart and let it drop to the floor.) Samantha wouldn't share her crayons (tear off a little

of the heart) and Sara called her a mean name (tear a piece of the heart). What are some other things that might break her heart? (Let the children name other things that cause hurt feelings as you let the pieces fall to the floor.) By the end of the day her heart was all in pieces and it was so sad.

Ask your troop:

- Who can tell me how to put her heart back together?
- What are some kind things you can do for your friends?

As children name different acts of kindness pick the pieces of the heart off the floor. Glue the pieces together on a poster as a reminder to have a kind heart. Encourage children to write friends' names on the poster when they are kind and helpful to them!

P.S. Putting the heart back together while talking and answering questions can be a challenge, have someone put together the heart as you discuss with your troop. Also, bigger pieces are better 😊

5. Brushy Brushy

This experiment will demonstrate to your troop the effect sugary drinks have on their teeth. Follow the instructions below!

Supplies:

- Two clear disposable cups
- One can of dark soda
- Cup of water
- Two or three (keep reading to decide the amount for you) hard boiled eggs
- Tooth paste
- One toothbrush

Steps:

1. Hard-boil the eggs before your meeting
2. At your troop meeting explain that the shell of the egg is like the enamel on your tooth which protects it from stains and cavities.
3. Fill one cup with water and one with dark soda
 - a. If you are unable to see your troop back to back days then you will want to put your eggs in the water and soda the night before the meeting. Take a picture of the two eggs before they go into the cups so the girls can see the before picture. It also would be helpful to bring an extra hard-boiled egg as an example of what they look like before.
4. Talk about what they think will happen to the egg when it is in water and when it is in soda
5. Leave the eggs in the cups overnight
6. Remove the eggs from the cups and discuss what you notice about the two eggs. Ask why they think the eggs are the way they are.
7. Explain that soda has sugar and acid in it which causes stains and cavities, especially if you don't brush your teeth. The acid is the reason the egg turned brown. Talk about how you should limit the amount of soda you drink so it doesn't damage your teeth
8. Now demonstrate how to properly brush teeth by brushing the egg with a tooth brush. Go in little circles around the egg. The stain from the pop will start to fade.

Take Action

1. SMART Goals

Assist your troop in learning to set goals to live a healthy life. Use the SMART system to help Girl Scouts think of a goal and follow through. Below is the SMART system. Explain what a SMART goal is to your troop. Tell them to think of a SMART healthy living related goal they can accomplish by their next troop meeting. Make a chart or write down all their goals so they can remember what they need to be working on. Encourage them to set goals throughout their life in school and at home.

SMART

- Specific- know exactly what you want to accomplish
- Measureable- how will you met your goal?
- Achievable- Make sure your goal is not too far out of reach, but not too easy
- Relevant- link the goal to something important to you, something inspiring
- Timely- when do you want to meet your goal by

Example

Not-SMART goal: Sally is going to eat 4 servings of vegetables per day for two weeks, even though she hates vegetables

SMART goal: Sally is going to try 5 new vegetables within the next two weeks

2. Encourage Others in Community to Walk

Make a poster, brochure, or video encouraging people to get moving and walk. Use motivational says and facts to help others in your community to start walking. Share your materials at school, in church, at the grocery store, or anywhere else you can think of!

3. Encourage Others to Eat Healthy

Make a poster, brochure, or video encouraging people to eat healthy. Use motivational says and facts to help others in your community to watch what they eat. Keep the information and suggestions simple. Share your materials at school, in church, at the grocery store, or anywhere else you can think of!

4. Time to Relax Coupons

Stress can take a toll on your body. It can cause you to gain weight and overall feel negative. Adults like your parents, grandparents, troop leaders, aunts, uncles, and teachers all experience a lot of stress. Make 5 coupons to give out to help the adults you love relax. Below are some ideas for coupons.

- I'll do the dishes while you relax and watch TV
- I'll play a game outside with my little brother so you can relax and read
- 1 hour of family quiet time
- Spa day- nail painting, mud mask, and foot rub
- Breakfast in bed- I'll clean up too
- 1 morning of sleeping in

5. Make and Share a Healthy Snack

A simple way to encourage others to eat healthy, is to make them a healthy snack. Next time there is an opportunity to bring a snack, volunteer to bring it. Whether it is a troop meeting, service unit meeting, classrooms party, troop celebration, or church gathering there are plenty of opportunities to bring a healthy treat. Creating a healthy snack aligns great with the Brownies Snack badge or if you are a Junior you can bump it up and create a simple healthy meal and work towards your Simple Meals badge.

There are endless possibilities for healthy snacks. Check out the **Resource Section** for a few ideas!

Resource Section

How Many Steps?			
Using a pedometer, app, or your brain, count the number of steps you take during these activities. You must do at least 6 activities on the list below. These can be done as a troop or individual. Talk about the answer you got. If done as individual compare and discuss why they might be different.			
Activity	# of Steps	Activity	# of Steps
Walk the perimeter of the room		Walk the dog	
Walk to the nearest bathroom		Vacuum one room of the house	
Grocery shop		Help set the table for dinner	
Get the mail		Clean your room	
Dust the house		Play a game outside	

Healthy Snack Ideas

Grape Caterpillars

Need per Caterpillar:

20 Grapes

1 Wooden Skew

2 Candy Eyes (sweet tarts work great)

Couple Dabs of Icing Gel

Instructions:

1. Clean grapes
2. Skew the grapes
3. Use icing to draw on smile
4. Use the icing to place the eyes on the grape
5. Dab each eye with a dot to make the pupil

Racer Snacks

Need per Car:

1 slice of apple

2 tooth picks

2 grapes

Instructions:

1. Clean and slice your apple
2. Take one slice of apple and slide a toothpick at the end of the apple, close to the bottom (the flat part) of the apple slice
3. Repeat at the other end of the apple slice
4. Cut the grapes in half
5. Stick a grape on each end of the tooth pick, flat side out

Weekly Step Challenge Log

Take a minute to decide what your step goal is going to be. You are going to try and meet this goal for 4 weeks. After each week or day write a comment about how it felt or what you did.

I am going to step _____ steps, per _____ for 4 weeks! I can do it!

Example: I am going to step 8,000 steps, per weekday for 4 weeks!

Week 1		
Day	How Many Steps	Comments
1		
2		
3		
4		
5		
6		
7		

Week 2		
Day	How Many Steps	Comments
1		
2		
3		
4		
5		
6		
7		

Week 3		
Day	How Many Steps	Comments
1		
2		
3		
4		
5		
6		
7		

Week 4		
Day	How Many Steps	Comments
1		
2		
3		
4		
5		
6		
7		