



## Happy Heart Brownie Girl Scout Patch

Complete 4 activities from this list to earn the patch.

Patches are available at the GSSNE shop.

This is a Council recognized patch and is worn on the back of the uniform or vest.

1. Make a poster or collage to show either heart healthy foods OR exercises good for your heart, such as biking, swimming, jumping rope, running, etc.
2. Make your own stethoscope from a paper towel tube and listen to your friend's heart. OR Find two different places where you can take your pulse. How fast does your heart beat when you are resting? How fast does it beat after two minutes of jumping jacks or running in place? Is there a difference? Why?
3. Make a poster showing some "Do's and Don'ts for a healthy heart. OR Write a letter to a friend and convince her/him that smoking is bad for her/his heart.
4. Make up a list of ten healthy, low fat snacks. Serve two of these snacks to friends.
5. Complete the word search puzzle about heart healthy rules on the back of this sheet. OR Make up your own word search or crossword puzzle. Share with a friend.
6. Pretend you are the Tin Man from the Wizard of Oz and tell your troop and friends about the heart healthy rules for good nutrition, exercise and no smoking. You can make a Tin Man costume from a cardboard box or paper bag. Cut out holes for your head and arms, paint it silver or cover it with tin foil.
7. Draw a picture of the Tin Man following one of the heart healthy rules – eating healthy foods, exercising or saying "no" to smoking.

**NOTE:** Contact the council office to borrow the American Heart Association leader's guide "Getting to Know Your Heart" (lower elementary) to assist you with the Brownie age level program. This program resource kit was donated to GSSNE by the Woonsocket Girl Scout Service Unit.

For more information and resources check the American Heart Association website at [www.heart.org](http://www.heart.org).

*Turn over for word search puzzle*



# BROWNIE HAPPY HEARTS WORD SEARCH PUZZLE

|        |         |          |            |
|--------|---------|----------|------------|
| HEART  | ARTERY  | EXERCISE | NUTRITION  |
| BLOOD  | VEINS   | RUNNING  | FRUIT      |
| PUMP   | PULSE   | SWIMMING | VEGETABLES |
| MUSCLE | HEALTHY | BIKING   | GRAINS     |

