



HEALTHY HEART JUNIOR GIRL SCOUT PATCH



Do 6 activities to earn this 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 up posters or cartoon comic strip about good heart health habits (good nutrition, exercise, no-smoking). Display them in your troop, local library or school, etc.
2. Write your own poem, story or song about good heart health habits. Share them with your troop or younger children.
3. Interview a doctor or nurse. Ask about heart health--taking blood pressure, the warning signs of heart attack, what happens when someone has a heart attack, other heart diseases and how to prevent them, what effect do nutrition, exercise, smoking, drugs and alcohol have on the heart. Make up your own questions.
4. Create a short skit or puppet show about good heart health habits (good nutrition, exercise, no-smoking). Present it to your troop or to younger children.
5. Plan and prepare a healthy heart party. Plan healthy snacks and some fun exercise such as swimming, biking, skating, dancing, volleyball or aerobic exercise, etc.
6. Make up your own activity booklet to teach and remind others of good heart health. Perhaps you could include a chart of the heart or body and label the parts, crossword or word search puzzles, mazes, secret codes, etc.
7. Make up a game to teach heart health. It could be a board game, bingo style, quiz bowl or game involving physical activity.
8. Learn to take your pulse. Find out what the average is for a girl your age, an adult and an infant. Take your pulse while at rest. Compare it to your pulse after ten minutes of exercise.
9. Plan and prepare a heart healthy menu for dinner. Don't forget to prepare something from the six major food groups (meat, milk, breads and cereals, fruit, vegetables, fats and oils).
10. Make up a list of at least ten healthy snacks. Eat only those as snacks for a week.
11. Make up a recipe booklet of healthy snacks. Share it with your troop, family and friends
12. Learn to read nutrition labels. What are other names for salt and sugar? Select ten similar items--compare them for salt, sugar, calories and fat.
13. Plan a service project that will help promote what you have learned about the Healthy Heart.

NOTE: Contact the GSSNE office to borrow the American Heart Association leader's guide. This program resource kit was donated to GSSNE by the Woonsocket Girl Scout Service Unit.
More resources available at the American Heart Association's website www.heart.org