

Healthy at Home Girl Scout Patch

All across the country, many people are staying at home for the next couple of weeks. This will help us to keep from getting sick. But while you are at home, you can still have some fun and stay healthy, too!

To earn the patch:

- Daisy & Brownies, complete at least 1 activity in each category.
- Juniors & CSA, complete at least 2 activities in each category.

- 1) Learn how to wash your hand properly!
 - a. Make up a song that is 20 seconds long to help you remember how long to wash your hands
 - b. Teach a family member how to properly wash their hands
 - c. Make a video about washing your hands and share with a friend
- 2) Have fun at home!
 - a. Have a family game night!
 - b. Get crafty! (using supplies that you already have at home or upcycle to make something cool).
 - c. Make an awesome blanket fort!
- 3) Stay connected!
 - a. Skype, Facetime or call a friend or family member.
 - b. Make a (digital) card or write an email and send it to a friend or family member.
 - c. Take photos of your stay at home and share it with your GS friends.
- 4) Stay active!
 - a. Take a walk outside and get some fresh air.
 - b. Have a dance party at home.
 - c. Go for a bike ride around your neighborhood or in the park.
- 5) Help Others!
 - a. Help your family by doing chores around the house
 - b. Help a local business or a non-profit in your community (e.g. food bank)
 - c. Check on a neighbor and make sure they are doing ok
 - d. Help your parents cook a healthy meal at home
- 6) Relax and de-stress
 - a. Read a great book.
 - b. Make a playlist of music that makes you feel happy and share it with a friend
 - c. Learn some funny jokes and share them with other
- 7) Learn something new
 - a. Learn a new skill (e.g. knitting, sewing,...)
 - b. Research a topic that you are curious about
 - c. Teach a family member a new skill that you know

Upon completion of this patch program, patches can be ordered directly from
<https://www.advantageemblem.com/fun-patches/S-5860-keep-calm-wash-your-hands.asp>