Create a Costume

Pick a time period to research, such as the Renaissance, Industrial Revolution, the Victorian Era, or even the 1920s or 1980s. With adult permission, research people and clothing of that time period. Did everyone wear similar clothes or did it change based on your class? Next, sketch out and label a typical outfit for someone of that time period. Share your drawing with a parent, sibling, or friend!

Time: 30 mins
Supplies Needed: Device for research, pen and paper

Staying Fit Badge

Let's Get Active!

Being active is a way to keep your body healthy. Pick a fun activity to get active, such as: tag or sharks and minnows, hula hooping or jump rope, yoga along with a YouTube video, or a dance party. Take turns letting people pick the activity.

Time: 30 mins
Supplies Needed: Someone to play with, device (optional)

Staying Fit Badge

Stress Less

Mental health is just as important as physical health. And one thing that can be done to improve your mental health is to try to reduce stress. Write down something that is stressing you out or causing your worry or anxiety. Once you are done, rip it up to release some of that stress. Next, find a comfortable quiet spot to sit or lay down where you can relax your body. Then take five big deep breaths—breathe in slowly through your nose and out slowly through your mouth. You can repeat this as many times as you would like. Do you feel calmer?

Time: 15 mins
Supplies Needed: Pen and paper

Staying Fit Badge
More Home Activities for Juniors

Handwritten Thank-Yous

KIND WORDS WRITTEN BY HAND SHOW YOU TOOK TIME TO SHARE YOUR THANKS. PRACTICE MAKING AND WRITING THANK YOU CARDS. THEY CAN BE FOR A GIFT YOU RECENTLY RECEIVED, SOMEONE WHO DID A NICE THING, A FAMILY MEMBER FOR MAKING YOU HAPPY, OR JUST TO SAY THANKS!

Time: 20 mins
Supplies Needed: Pen and paper, optional craft supplies

Thank You Around the World

TRY SAYING THANK YOU IN OTHER LANGUAGES. (OPTIONAL-LOOK UP EACH ONE ONLINE AND LISTEN TO IT BEING SPOKEN.)


Time: 10 mins
Supplies Needed: Device optional

Being an Active Citizen

YOU HAVE PROBABLY HEARD OF PAUL REVERE, BUT HAVE YOU HEARD OF SYBIL LUDINGTON? SYBIL WAS JUST 16 YEARS OLD WHEN SHE MADE HER OWN LATE-NIGHT RIDE DURING THE AMERICAN REVOLUTIONARY WAS. AFTER HER FATHER LEARNED THAT THE BRITISH WERE ATTACKING DANBURY, CONNECTICUT, SYBIL RODE IN A RAINSTORM FOR MORE THAN 40 MILES – TWICE THE LENGTH OF PAUL REVERE’S RIDE – YELLING THAT THE BRITISH WERE IN DANBURY AND ASKING MILITIA TO GATHER AT HER HOUSE. WHEN SHE RETURNED HOME MORE THAN 400 TROOPS HAD ASSEMBLED THERE. THINK ABOUT WHAT IT MEANS TO BE AN ACTIVE CITIZEN. DO YOU THINK SYBIL WAS AN ACTIVE CITIZEN? MAKE A LIST OF 10 WAYS YOU CAN BE AN ACTIVE CITIZEN TODAY, SUCH AS VOTING WHEN YOU ARE AT LEAST 18 YEARS OLD.

Time: 15 mins
Supplies Needed: Pen and paper