

Patch Program

H-E-B Health & Wellness

Develop skills to keep your body healthy and your mind engaged. Learn about exercise, nutrition, and wellness while having fun with friends. You'll be building a strong body while gaining the self-confidence to become a leader.

Grade level requirements:

- **Daisies (grades K-1).** Choose at least one activity from each category.
- **Brownies (grades 2-3).** Choose one activities from each category.
- **Juniors (grades 4-5).** Choose two activities from each category.
- **Cadettes (grades 6-8).** Choose three activities from each category.
- **Seniors (grades 9-10).** Choose three activities from each category.
- **Ambassadors (grades 11-12).** Choose three activities from each category.

Discover

Try out these exercise, nutrition, and wellness activities. Afterwards, reflect on how your body feels and figure out ways to make being healthy a regular part of your life. If doing multiple activities, choose at least one that challenges you.

- **Balloon Bounce** – Play music and work together as a group to bounce an inflated balloon in the air without letting it touch the ground for an entire song. For more of a challenge, add more and more balloons.
- **Freeze Dance** – Dance to music. When the music stops, freeze in place! Stay frozen until the music starts again. For more of a challenge, dance like your favorite animal.
- **Red Light, Green Light** – “Everyday foods” provide essential nutrients that you need to grow and develop. Examples are vegetables, fruits, grains, lean meat, chicken, and fish. “Sometimes foods” are foods that are not essential

for health but are fine to eat sometimes. Examples are sugary drinks, soda, candy, deep fried foods, and cake. Make a list of “everyday foods” and “sometimes foods.” Play a game of Red Light, Green Light by lining up at a starting line. When your adult calls out an “everyday food,” walk towards the finish line. When your adult calls out “sometimes food,” freeze in place. If you move before an “everyday food” is called out, you must begin again at the starting line.

- Pass the Germs – Germs are too small to be seen with only your eyes. Pretend that glitter or a nontoxic, edible substance is germs. Put a small amount on one Girl Scout’s hands, then have everyone shake as many hands as they can for 30 seconds. Afterwards, everyone examines their hands to see how many have the glitter or nontoxic, edible substance on them. How many Girl Scouts did the “germs” spread to?
- Sky Sprites – Have an adult call out one of four commands: “Evaporation,” “Condensation,” “Precipitation,” and “Run Off.” When you hear “Evaporation,” do jumping jacks or X-jumps. When you hear “Condensation,” job in place with your arms extended. When you hear “Precipitation,” get on the ground and do crunches. When you hear “Run Off,” run in a large circle together. Then, the adult calls out the next command in the list. Do this cycle at least four times. You can modify this activity by substituting exercises such as touching your toes to act out “Precipitation” or doing it as a relay.
- Triathlon – Divide into teams of four Girl Scouts and establish a starting line and a finish line. From the starting line, the first person **crab walks** to the finish line then tags a teammate. The second person **bear walks** to the start line then tags the other two teammates. The third and fourth people do a **wheelbarrow walk** to the finish line. If other teams are still going, cheer them on until every team finishes the triathlon.
- Mirror, Mirror – Look at your reflection in a hand-held mirror and say, “Mirror, mirror, in my hand, I want to be the healthiest I can. One way I am healthy is...,” then complete the sentence by stating one healthy habit that you practice. You can make this a craft activity by making your own mirror out of a paper plate covered with foil and decorating it with an acrostic poem using your name or the healthy habit you chose.
- Bubble Pop – While an adult blows bubbles overhead, pop the bubbles between your hands or stomp on bubbles near the ground. Count out loud each time you pop a bubble and always be sure not to get in each other’s

way. You can do another round to see how many bubbles you pop the second time. Modify this activity by pairing up with a buddy that counts while you pop, then switch roles for the second round. This is a good activity to do outside where the ground can get bubble solution on it. You may use a bubble machine instead of having a person blow bubbles.

- Do an activity which gets your heart rate up. Take a brisk walk, play a game of tag, go jogging with your dog, swim laps – the choice is yours.
- Popcorn Pushups – Each Girl Scout needs a bowl of popcorn for this activity. Taking turns, get in a pushup position with the bowl of popcorn beneath your face. Do a pushup on your knees keeping your thighs, hips, torso, and head in a straight line or, for more of a challenge, on your toes with straight legs. When you are in the down position keeping your chest and head off the ground, use your tongue and mouth to grab a piece of popcorn from the bowl. Push up again. Repeat until the bowl is empty or you are tired. The rest of the group should help you by counting your pushups and cheering.
- Brainstorm different types of healthy food categories. Examples are foods high in Vitamin C, calcium-rich foods, and organic greens. Pick one category at random. Everyone has 60 seconds to list items that fit into that category. Discuss the answers.
- Kinetic Energy Audit – Keep a log of all your kinetic energy (time spent being active) for three days. Examples are 30 minutes walking to and from school or 2 hours of soccer practice. Total your kinetic energy expenditures for each day. Also keep a record of your lack of kinetic energy (time spent being inactive) excluding sleep. Examples are 2 hours watching TV or 1 hour on an electronic device. Add up the total time not being active each day. How much time do you spend being active versus not being active. Share your findings with each other and discuss if there are ways to increase your active time.
- Spin to Stretch – Play a game of Twister. Exit the game if any part of your body other than your hands or feet touch the mat. The last person left in the game handles the spinner for the next round.
- Do **active stretches** where you move your muscles through a range of motion and/or static stretches where you hold a position such as **assisted calf stretches**, **side bends**, and **shoulder stretches**.

- Relay Play - This activity is similar to the Brownie Triathlon activity above and requires an air-filled balloon (not helium-filled) for each team and water balloons. Divide into teams of four Girl Scouts and establish a starting line and a finish line. From the starting line, the first person **crab walks** to the finish line, does the “head, shoulders, knees and toes, knees and toes” motions ten times then tags a teammate. The second person **bear walks** to the start line, does ten pushups, then tags the other two teammates. The third and fourth people do a **wheelbarrow walk** to the finish line then pass an air-filled balloon ten times by bouncing it. Then, the first person stands on the starting line, the last person stands on the finish line, and the other two people spread out in a line between them. The person on the starting line must throw a water balloon to the next person who throws it to the next person down the line until the person on the finish line catches it. If the water balloon pops, start over at the starting line. Once the water balloon is caught at the finish line, the entire team races back to the starting line to finish the relay. If other teams are still going, cheer them on until every team finishes.
- Savor the Silence – Relaxation and deep breathing can be an important part of releasing stress. Sit in a circle at least arm’s length apart. Turn off or silence all cell phones and electronic devices. Close your eyes and take three deep breaths. Pay close attention to your surroundings. When you pinpoint a sound or smell, focus on it and take three more deep breaths. Do this for at least five minutes. Afterwards, open your eyes and discuss what you felt during and after savoring the silence.
- Freedom and Responsibilities – As you get older, you will have more freedom and more responsibilities. Interview a teenage friend, sibling, or older Girl Scout about how they handle having more freedom and responsibilities. Write a letter to your future self about your values, dreams, and what you hope to accomplish. Save this letter to read when you graduate from high school (or for Ambassadors, when you are in college).

Connect

Connect with your troop, family, and community to learn more about healthy lifestyles.

- Read the story of Florence Butt on the last page. What do you like most about the story? How can Florence’s story inspire you to become a leader to?
- Decorate a paper lunch bag with your name and drawings that represent you and your interests. On index cards, write positive statements about every Girl Scout in your troop including yourself – one statement per card. You can write about your troop leaders, too! Distribute the cards into bags. If you are feeling sad or down, read the cards in your bag for a pick-me-up. Your troop can add to the Brag Bag throughout the year.
- Visit a grocery store. Perishable fruits and vegetables are often labeled with what country grew it. This is called Country of Origin Labeling (COOL). How many different countries can you find represented in the produce department? Can you find produce labeled with what state it was grown in? How about the city? For an extra challenge, label a map with where various produce was grown.
- Visit a local farmers’ market. Ask sellers of fruits, vegetables, eggs, meats, baked goods, and other foods about their products. Find one near you by searching on the [Local Harvest website](#) or the [USDA Farmers Market Directory](#).
- Go on a label scavenger hunt in your kitchen pantry or at a grocery store on one side of a packaged or canned food aisle. Read the Nutrition Facts on the labels of different foods. Give yourself a time limit and identify the foods with the highest amount of sugar, sodium, cholesterol, protein, or dietary fiber. What about the lowest? Why do you think it is important to know how much of these are in your food?
- Learn about what essential nutrients are in proteins, starches, fruits, and vegetables that help you to grow and be strong. Then, play a game of Heads Up! This game requires a deck of cards. Clubs represent proteins, hearts represent a fruits and vegetables, spades represent a starch, and diamonds represent “sometimes foods.” Stand in a circle and deal out a card face down to each person. Hold your card up to your forehead without looking at it so that others can see it. Go around asking yes or no questions to determine what type of card/food you have on your forehead. Ask questions such as “Am I good for the body?,” “Do I help give someone more energy?,” and “Do I help build muscle?” You may not ask questions such as “Am I a protein?” or “Am I a starch?” See who can guess their card/food with the least number of questions.

- Talk to a nutritionist about how to choose foods that help your body and mind to be healthy and strong.
- Make a nutritious snack that gives you lasting energy or a hearty and nutritious, one-dish meal. If you need ideas, you can look through the [H-E-B Health and Wellness Recipe Box](#) or at [kid-friendly cooking videos](#). Use the filters to narrow your choices. How do the different nutrients in the recipe give you energy and help you stay healthy? Think about whether there are ways to modify it to make it more nutritious or organic. Be sure to check with your troop if anyone has dietary restrictions.
- Create a collage of your personal interests and activities. Discuss your collage, with your troop. Do you think that magazines, books, television, and other media accurately represents those activities? Are there negative stereotypes and how can they be fixed?
- Only take medications given to you by a trusted adult. Never take medicines prescribed for other people. Adults should always keep medicine in its original container and store it in a secure place away from children. Research safe medication practices and the reasons behind them. Share that information with your family or troop.

Take Action

As a Girl Scout, you can make the world a better place! Encourage others to take steps to improve their health and wellness.

- Make this health pledge:
On my honor, I pledge that for five days,
 - *I will exercise at least 20 minutes each day,*
 - *I will stretch before any strenuous activity,*
 - *I will spend at least 30 minutes outside each day,*
 - *I will drink at least eight cups of water each day,*
 - *And I will share my healthy living pledge with my community.*

At the next troop meeting, report how you did and reflect on how your commitment to the pledge impacted your health, energy, focus, and overall wellness. Share your experiences with each other and your community.

- Make a healthy living banner or poster. Identify a health-related need in your community, then educate and inspire others to take action to address that need. Display it so that others can see what you've learned. If you are a Senior or Ambassador, you can choose to do a social media post with your adults' permission.
- Cadettes, Seniors, and Ambassadors may lead a younger Girl Scout troop in earning their H-E-B Health and Wellness patch.
- Collect healthy recipes in a troop cookbook or set of recipe cards and share it with your family and/or friends.
- Research the different vitamins and minerals essential to wellbeing. Find out the function of each one. Create an informative display to educate and inspire others such as fun advertisements for a specific vitamin or mineral.
- Do a service project that helps others in your community be healthy.

The Story of Florence Butt



H-E-B founder Florence Butt behind the counter of her first store in Kerrville, Texas

Florence Thornton Butt was born in Buena Vista, Mississippi in 1864. She graduated from Clinton College with the highest honors and was the only female in her class. She moved to Texas in 1904 with her husband who had tuberculosis and her young sons. They first settled in San Antonio, then relocated to Kerrville because they thought the warm, dry climate would be good for her sick husband.

Because her husband was ill and could not work, Florence had to find a way to support her family. She used her business smarts to accumulate \$60 in groceries (worth about \$2,000 today), and in 1905, Florence opened C. C. Butt Grocery Store in Kerrville. Her store was located on Main Street on the first story of a two-story building. Her rent was \$9 a month. To save money, she moved her family into the second story above her store. Florence launched and successfully continued to run her own business until 1919. Her son, Howard Edward Butt, continued her business legacy. Today, we recognize that a woman leader helped establish H-E-B!

Cadettes, Seniors, and Ambassadors may read a more detailed story about Florence Butt in [Texas Monthly](#).