

L e t ' s G e t G r o w i n g

PATCH PROGRAM KIT



I n t r o d u c t i o n

Thank you for choosing Girl Scouts of Ohio's Heartland Council, Inc.'s *Let's Get Growing* patch program. Participation in these activities will help your girls develop life-long healthy habits.

About the *Let's Get Growing* Patch

This program is broken up into three important types of Growth. We will talk about growing food, growing our bodies in healthy ways, and growing our minds to be our best selves! Each types of growth has several activities to choose from. To earn the *Let's Get Growing* Patch you must completed the following number of Activities:

Growing our Food

Daisies and Brownies must complete **2 activities** in this section

Juniors and Cadettes must complete **3 activities** in this section

Seniors and Ambassadors must complete **3 activities** in this section, and then design one more that pertains to growing their own food

Growing our Bodies

Daisies and Brownies must complete **2 activities** in this section

Juniors and Cadettes must complete **3 activities** in this section

Seniors and Ambassadors must complete **3 activities** in this section, and then design one more that pertains to growing their bodies in healthy ways

Growing our Minds

Daisies and Brownies must complete **2 activities** in this section

Juniors and Cadettes must complete **3 activities** in this section

Seniors and Ambassadors must complete **3 activities** in this section, and then design one more that pertains to growing their minds

NOTE TO LEADERS: Many of the activities in this patch program can be adapted for older or younger troops by looking at them beforehand and making adjustments. If something does not feel age appropriate, feel free to substitute a similar activity that would more successful with your troop or group.

G r o w i n g o u r F o o d

ACTIVITY OPTION 1:

Gardening Journals

Many gardeners use journals to keep track of all their plants—where and when seeds were planted, when they sprouted, when they were harvested (picked), and even special tips and tricks to help them grow. You might even tape empty seed packets to the pages of your journal, or add photos or drawings of your garden. You are going to make your own gardening journal today—be sure to bring it with you next time so you can write down the details of our next gardening project!

Each girl will get five sheets of paper to fold in half, booklet style. Once the sheets are folded, punch three holes down the folded edge. Now use 3 pieces of yarn to tie through the punched holes to create a book. After your book is created be sure to decorate the cover however you want. Once you have finished with that you can write in your gardening journal about all of your gardening adventures!

SUPPLIES:

- White paper
- Construction Paper
- Whole Punch
- Yarn

ACTIVITY OPTION 2:

Insect Helper Garden

Some insects, like aphids, mealy bugs, beetles, and cutworms, can hurt gardens, but not all! Some insects will help your garden grow. These good insects, along with bats, snakes, frogs, spiders, and birds, eat the harmful insects. Good insects include praying mantis, ladybugs, and green lacewings.

To keep insect helpers happy, plant some of their favorite plants! Insect helpers love cosmos, marigolds, zinnias, nasturtium, dill, spearmint, and clover. Today, you're each going to take home an insect-helper plant!

Each girl will get a peat pot (make sure to label your pot with a permanent marker!) fill it with soil. Pick a few of the flower seeds to plant in your pot. Write the name of the plant on the pot, above the girl's name. Now, plant the seeds and water the plant well.

Before you leave, make sure you get great instructions from your leader on how to care for your new plant! Make sure to write down the instructions for your herbs in your garden journal! And remember to water your plants when they get dry!

SUPPLIES:

- Peat Pots
- Permanent Marker
- Flower seeds

G r o w i n g o u r F o o d

(C o n t .)

ACTIVITY OPTION 3:

Herb Garden

Herbs are special plants with leaves that smell and taste good. Herbs are fun and easy to grow, plus they can be used in many different ways! Some can be added to food to add tasty flavor. Others can be used to make teas. Herbs are also used for their fragrance and even to keep insects away. For centuries, herbs have also been used as medicine, too. Herbs that grow easily include chives, dill, basil, parsley, mint, oregano, rosemary, thyme, and sage. Today, you will each plant your own take-home herb garden!

Each girl will get a peat pot (make sure to label your pot with a permanent marker!) fill it with soil. Pick a few of the herb seeds to plant in your pot. Write the name of the herb on the pot so you remember what it is. Plan the seeds and then make sure to water your plant well.

Make sure to write down the instructions for your herbs in your garden journal! And remember to water your plants when they get dry!

SUPPLIES

- peat pots
- potting soil
- herb seeds
- water
- permanent marker

ACTIVITY OPTION 4:

Plan your Garden

Using different seed catalogues, plan what types of vegetable you would like to grow in your very own garden. Make sure to look at what season the veggies grow, and what kind of soil they need.

After you have planned out what you want to grow, make a diagram of where you would like to grow things in your garden!

Don't forget to make a plan for different seasons of the year, because different vegetables grow better at different times!

SUPPLIES

- Seed catalogues
- Drafting Paper
- Pens/Pencils

ACTIVITY OPTION 5:

Research Different Types of Gardening

Using the internet, or at your local library, research at least 3 different types of gardening. Some things you may want to look up are: Container gardening, raised bed gardening, indoor gardening, water gardening, community gardening and straw bale gardening.. After you have learned a little bit about 3 different types of gardening, choose one to do a little bit more research on. Create a poster that you can share with your friends to explain the pros and cons, and other interesting facts!

SUPPLIES

- Internet
- Poster Board
- Markers/Crayons
- Other poster creating supplies

G r o w i n g o u r B o d i e s

ACTIVITY OPTION 1:

Learning about Different types of Fuel

Start by learning about the three main types of fuel that our body needs: Carbohydrates, Fats and Proteins. Why each is important?

Protein helps the body grow, builds muscle and give us energy. Protein-rich foods include meats, eggs, avocado, nuts and beans.

Carbohydrates are sugars that the body uses for energy. Simple carbohydrates, also called simple sugars, provide the body with quick energy. They are found in fruit, milk and white sugar. Complex carbohydrates, known as fiber and starch, are broken down in the body slower than simple carbohydrates. They are found in vegetables, bread, rice, oatmeal, whole grains and peas.

Fat: Your body needs fat to grow and to process vitamins. There are many different kinds of fats. Polyunsaturated and monounsaturated fats are good for your body. These fats include nuts and fish, as well as olive, peanut, safflower and canola oil. Other kinds of fat, including saturated and trans fat, also called hydrogenated oils, can increase the risk of certain diseases. Saturated and trans fats are found in butter, fried foods, baked goods, fast food, whole milk and in meat from animals.

Now go through magazines and pick out things from each group. Now remember: some dishes will have more than one type of fuel, and they often have all three!

SUPPLIES:

- Magazines
- Scissors

ACTIVITY OPTION 2:

Dinner Plate Portions

Start by drawing a big circle on their piece of paper. Now, draw a picture of your favorite meal. If you aren't feeling artistic, write out what you would eat.

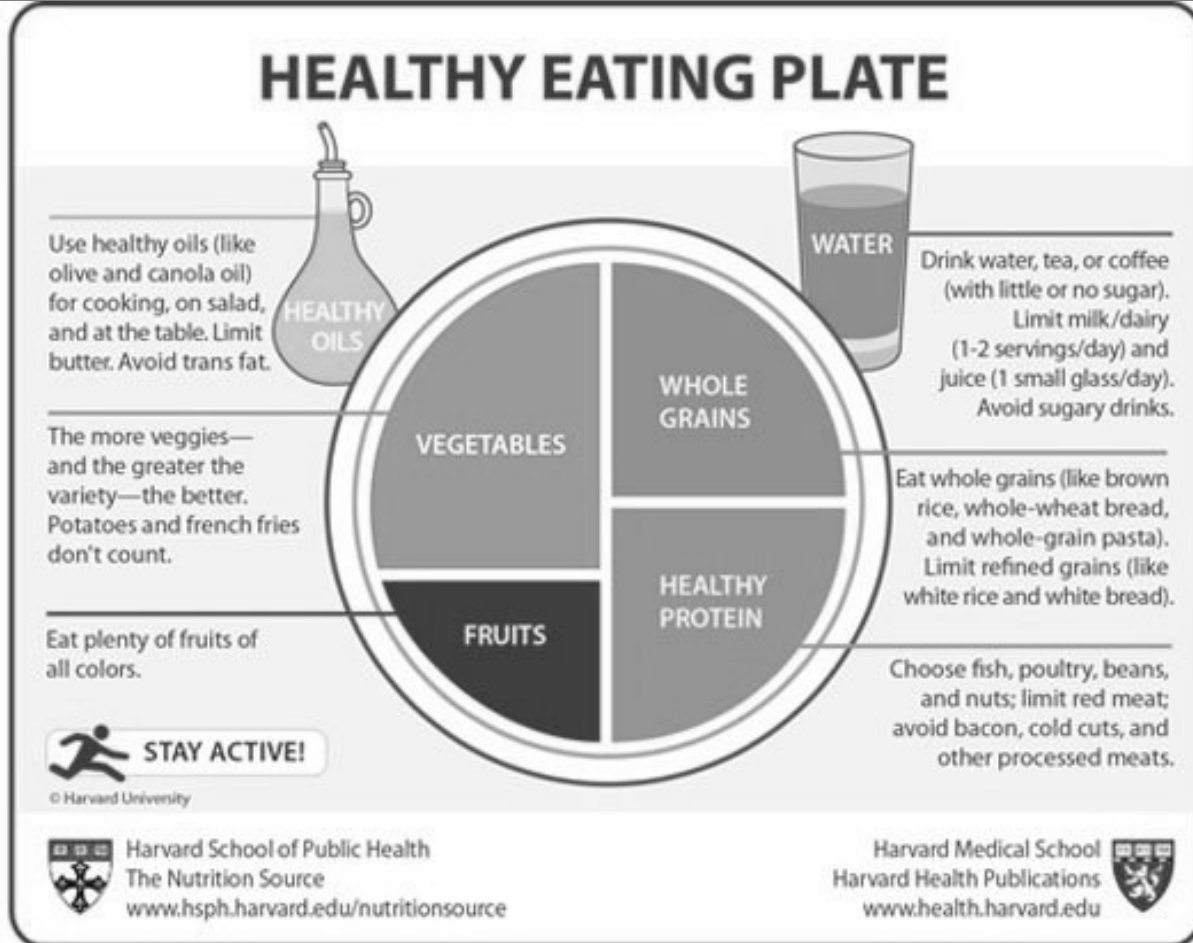
Then look at the suggested break down of what a meal should look like (Included on the next page). After you see the "Dinner Plate" idea, draw another version of your dinner plate, using the Dinner Plate Guidelines. What different foods fit into the different categories? If you are not sure ask your leader!

SUPPLIES:

- Paper
- Crayons/Markers
- Pens/Pencils

(Dinner plate diagram on the next page)

Growing our Bodies (Cont.)



ACTIVITY OPTION 3:

What's up with Calories?

Energy is another word for "calories." Your energy balance is the balance of calories consumed through eating and drinking compared to calories burned through physical activity. What you eat and drink is ENERGY IN. What you burn through physical activity is ENERGY OUT.

You burn a certain number of calories just by breathing air and digesting food. You also burn a certain number of calories (ENERGY OUT) through your daily routine. For example, children burn calories just being students—walking to their lockers, carrying books, etc.—and adults burn calories walking to the bus stop, going shopping, etc.

Look at some labels of different foods and see what you can learn about the calories in our food! See how many times you can find the word "calorie". Then put the calories the foods in order of how many calories are in them. Are the foods that have the most calories necessarily the least healthy? Why or Why not?

SUPPLIES

- Different Food Labels

G r o w i n g o u r B o d i e s(C o n t .)

ACTIVITY OPTION 4:

Energy Balance

An important part of maintaining energy balance is the amount of ENERGY OUT (physical activity) that you do. People who are more physically active burn more calories than those who are not as physically active.

More IN than OUT over time = weight gain

More OUT than IN over time = weight loss

Your ENERGY IN and OUT don't have to balance every day. It's having a balance over time that will help you stay at a healthy weight for the long term. Children need to balance their energy, too, but they're also growing and that should be considered as well. Energy balance in children happens when the amount of ENERGY IN and ENERGY OUT supports natural growth without promoting excess weight gain.

To balance your energy if you ate a Cupcake you would have to:

Walk for 3 hours, canoe for 2 hours, swim for 1.5 hours, or jump rope for 45 minutes!

To balance your energy if you ate a fast food cheeseburger you would have to:

Do 3 hours of housework, dance for 1.5 hours, run for 1 hour, or rock climb for 50 minutes.

Now that you are familiar with Energy Balance is, do some equations of your own!

1. How long would you have to hike if you ate a Fast Food Cheeseburger to achieve energy balance?
2. How long would you have to bicycle if you ate 2 servings of chicken nuggets to achieve energy balance?
3. If you had 2 Hot dogs with buns, and then ate a cupcake, how long would you have to canoe to achieve energy balance?
4. Come up with more equations for your friends!

SUPPLIES

- Energy Balance Chart

Activity	Calories Burned in 30 minutes *	Food	Calories*
Standing	19	Carrots	52.5
Walking	44	Yogurt	80
Housework	46	PB&J	200
Canoeing	71	Potato Chips	160
Recess Games	84	Ice Cream	144.7
Hiking	94	Cupcake	257
Dancing	94	String Cheese	80
Swimming	97	Fast Food Cheeseburger	290
Soccer	111	Applesauce	50
Running	134	Mac and Cheese	330
Bicycling	139	Chicken Noodle Soup	80
Jumping Rope	160	Chicken Nuggets	269
Basketball	174	Hot Dog and Bun	276
Rock Climbing	174		

*based on average weight of a 10 year old female

*based on a single serving

G r o w i n g o u r B o d i e s

(C o n t .)

ACTIVITY OPTION 5:

Finding Your Pulse!

Practice finding your pulse using two fingers (your index and middle fingers) on your wrist. Pulses in the wrist can be found by following these steps:

- Turn one hand so that the palm faces up. Using two fingers, trace a line from the base of the thumb heading toward your arm. Stay along the outer part of your wrist. When your fingers have just passed over your wrist bones, press gently until you feel the pulse. Don't press too hard—just enough to feel the beat.

Once you have found your pulse, practice counting the beats. Use one of the following ways to estimate your heart rate:

- Count the beats for 6 seconds then add a zero. This will equal the beats in 60 seconds.
 - Example: beats in 6 seconds = 7. Heart rate = 70 beats per minute.
- Count the beats for 10 seconds and multiply the number by 6.
 - Examples: beats in 10 seconds = 11. Heart rate = $11 \times 6 = 66$ beats per minute.
- Count the beats for 30 seconds and multiply the number by 2.
 - Example: beats in 30 seconds = 34. Heart rate = 68 beats per minutes.

Once you can easily find your pulses and calculate your heart rate, fill out the following table:

	How long you did the activity?	Heart Rate	How do you feel?
Jogging in Place			
Jumping Jacks			
Walking			
Skiping			
Sitting			
Hopping			
Singing			
Running While Yelling			

SUPPLIES

- Watch with second hand
- Paper
- Pens

G r o w i n g o u r M i n d s

ACTIVITY OPTION 1:

Learning about Yoga

Yoga (meaning *union* or *yoke*) is the practice of accessing and integrating all aspects of our true nature -- body, mind, and spirit -- in the pursuit of inner harmony. Many people are now finding that there are many benefits for EVERYONE doing yoga, including kids! Some of the things that this practice can help you with are:

1. Focus and Concentration
2. Boosts Self-Esteem and Confidence
3. Helps build the mind/body connection

Now, find an age appropriate yoga DVD, or find a local class that caters to your age level and participate in a session of yoga. Afterwards talk with your group or troop about the experience. What did you like? What did you not like? Would you do it again?

SUPPLIES:

- A Yoga DVD
- A calming space

ACTIVITY OPTION 2:

Have a Riddle Party!

Riddles are a great way to help your mind solve problems in creative ways! Have each person in your troop or group bring at least one riddle to the riddle party. Go around and have each person share their riddle. See who gets stumped and who is great at coming up with answers!

SUPPLIES:

- Riddles

ACTIVITY OPTION 3:

Make Compliment Sheets!

With your troop or group sit a circle. Each person gets a sheet of construction paper. Write your name in the center of your paper. Make it as pretty as possible, but leave room for others to write things too! Once everyone has finished writing their name, pass your paper to the person on your right. They will then write something nice about you! Then they will pass it on, until everyone has written something nice about everyone else in the group, and the paper makes it back to its original owner!

SUPPLIES:

- Construction Paper
- Markers/Pens

NOTES FOR LEADERS: Make sure to help girl's understand why it is nice to say things about other people! It build self-confidence and compliments are a fun way to show you care about someone! Also, when completing this activity help them understand that not all compliments should be about the way someone looks. The best kinds of compliments are about someone's insides, not their outsides!

G r o w i n g o u r M i n d s

(C o n t .)

ACTIVITY OPTION 4:

Guided Meditation

Meditation is an age old practice that helps people concentrate on their breathing, and focus on being calm and relaxed. Meditation is also a great way for kids to escape world full of technological gadgets!

First, do some research and find out what meditation really is. Who meditates? Where can you meditate? Why do people meditate?

Then find an age appropriate guided meditation on the internet (there are many great choices on youtube.com . Find a quiet, space to listen to the meditation. This can be done with a group, or as an individual.

After you have finished listening to the meditation, write down a few words about how it made you feel. Is it something you would do in the future? Why or Why not?

LEADERS NOTE: Make sure to listen to the meditation before presenting it to the group to make sure it is age appropriate. Try to make sure it is no longer than 5 minutes in length.

ACTIVITY OPTION 5:

Make an "I Can Do It" Box

An "I Can Do It" box is a fun way to pump up your self-esteem by concentrating on all the things that you CAN do!!! Start with an undecorated, small box. Decorate it in any way that you would like. Then make sure there is a way that you can open and close your box.

You may choose to decorate your box with inspiring images from magazines, or you may want to cover it in your favorite color paper. Anyway you want to decorate your box is perfect, because this is all about YOU!

Once you have finished decorating your box, you will find a good place to put it that you will see if often. Whenever you do something that you are proud of, simply write it on a piece of paper, and slip it in! If you ever start to feel like you aren't brave, or that you aren't good at anything, just look in your "I Can Do It" box and see all that you have done!

SUPPLIES:

- A computer
- Internet
- A calming space

SUPPLIES:

- Shoeboxes/Tissue Boxes
- Construction Paper
- Scissors
- Markers
- Magazines
- Glue
- Other craft supplies