



Green 2 Troops – Brownie My Best Self Badge

This plan focuses on activities that promote self-awareness, self-care, and personal growth, while ensuring no waste is produced. Each activity is designed to help the girls develop confidence, learn about healthy habits, and reflect on how they can be their best selves.

Complete 5 activities to earn the badge.

Activity 1: Mindful Moment Meditation (Self-awareness)

Introduce the girls to mindfulness and help them practice being present in the moment. This activity will foster inner calm and increase awareness of their feelings.

Materials Needed: None

- Comfortable space (indoors or outdoors)

Steps:

1. **Introduction to Mindfulness:** Briefly explain what mindfulness is and how it can help them be present, reduce stress, and feel more connected to themselves.
 2. **Guided Meditation:** Lead the girls in a simple guided meditation (around 5-10 minutes). Have them sit in a comfortable position, close their eyes, and focus on their breathing. Guide them to pay attention to the sensations in their body and the present moment.
 3. **Reflection:** After the meditation, ask the girls to share how they felt. What did they notice about their bodies or thoughts? Discuss the importance of taking time to pause and reflect.
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Activity 2: Healthy Mind and Body Journal (Self-reflection)

Objective:

Encourage the girls to reflect on their own thoughts, goals, and feelings. The girls will create a personal journal using eco-friendly paper or electronic devices to express their ideas.

Materials Needed:

- Recycled paper or electronic journaling platform (like a tablet or computer)
- Pen/pencil made from recycled materials (optional)

Steps:

1. **Introduction to Journaling:** Talk briefly about the benefits of journaling for self-reflection and personal growth. Explain that they can express their thoughts and track their feelings over time.
 2. **Guided Prompts:** Provide them with the following prompts for reflection:
 - What makes me feel happy and strong?
 - What are my goals for the next month? How can I work toward them?
 - When I feel stressed, what can I do to feel calm and centered?
 3. **Journaling Time:** Allow the girls to spend time journaling. Encourage them to write or draw their thoughts. If paper is used, ensure it's from recycled or eco-friendly sources.
 4. **Sharing:** Afterward, invite the girls to share some of their reflections (if they feel comfortable).
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Activity 3: Nature Walk (Connection to the Environment)**Objective:**

They will connect with nature and learn how caring for the environment helps them to be their best self.

Materials Needed: None

Steps:

1. **Prepare for the Walk:** Ask the girls to bring reusable water bottles & wear shoes for walking.
 2. **Nature Walk:** Lead the girls on a walk in a nearby park or nature reserve. As you walk, point out the plants, animals, and other features of the environment.
 3. **Environmental Reflection:** During the walk, have a discussion about how protecting the environment can help them stay healthy and happy. Encourage the girls to notice how being in nature makes them feel. (research statistics on the benefits of being outdoors)
 4. **Optional Eco Challenge:** If the walk is in an area with litter, set up a challenge to see how many pieces of trash the girls can collect and dispose of properly, using gloves & biodegradable bags.
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Activity 4: Goal Setting and Affirmation Cards (Personal Growth)**Objective:**

Help the girls set personal goals & develop affirmations for a positive mindset and self-confidence.

Materials Needed:

- Recycled paper or eco-friendly cardstock
- Markers, crayons, or colored pencils made from sustainable materials
- Reusable containers for keeping cards safe

Steps:

1. **Discuss Goal Setting:** Introduce the concept of setting small, achievable goals. Explain how having goals helps them stay focused and grow into their best selves.
 2. **Create Affirmation Cards:** Have the girls design affirmation cards for themselves. On one side, they can write a personal goal, and on the other, they can write a positive affirmation (e.g., “I am strong and capable” or “I will try my best”).
 3. **Decorate and Personalize:** Encourage them to decorate their cards with drawings or designs that inspire them. Use eco-friendly materials to keep it waste-free.
 4. **Share and Celebrate:** Allow the girls to share their goals and affirmations with the group. Emphasize the importance of supporting each other in achieving their goals.
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Activity 5: Healthy Snack Making (Nutrition and Self-care)

Objective:

Teach the girls about healthy eating and how making nutritious snacks is a form of self-care. This activity will also help them connect the importance of healthy habits with being their best selves.

Materials Needed:

- Fresh fruits and vegetables (e.g., apples, bananas, carrots, etc.)
- Whole grains (e.g., oats, whole wheat crackers)
- Reusable plates and utensils

Steps:

1. **Healthy Snack Discussion:** Discuss the importance of eating foods that nourish the body. Talk about the benefits of fruits, vegetables, and whole grains.
 2. **Snack Making:** Have the girls prepare simple snacks, such as fruit salads, veggie sticks with hummus, or oat-based energy balls. Encourage them to use reusable containers and utensils, and bring their own ingredients in bulk (minimizing packaging waste).
 3. **Enjoy Together:** After preparing the snacks, sit together and enjoy them. Discuss how eating healthy food helps them feel their best and energized.
 4. **Waste-Free Challenge:** Ensure that there's minimal waste by using cloth napkins, reusable containers, and composting any food scraps.
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Activity 6: Compliment Circle (Positive Relationships and Confidence)

Objective:

Promote a positive, supportive environment where the girls can share kind words and build self-esteem.

Materials Needed: None (optional: small bag or bowl to pass around)

Steps:

1. **Compliment Circle:** Have the girls sit in a circle. One girl starts by giving a compliment to the person on her right, focusing on a positive quality or trait.
 2. **Continue the Circle:** The next person in the circle gives a compliment to the person on their right. Continue until everyone has both given and received a compliment.
 3. **Reflection:** Afterward, discuss how it felt to give and receive compliments. Emphasize the importance of supporting each other and lifting others up.
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Conclusion and Badge Completion:

Once all activities are completed, gather the girls to reflect on their experiences and discuss how they can apply the lessons from each activity to their daily lives. If needed, provide them with a small certificate or symbol of completion made from recycled materials to mark their achievement.