



Green 2 Troops – Brownie My Great Day Badge

This badge focuses on helping the girls create a positive, productive day filled with good habits, healthy routines, and mindfulness while minimizing waste and supporting sustainability.

Complete 5 activities to earn the badge.

Activity 1: Morning Mindfulness (Start the Day Right)

Objective:

Help the girls understand the importance of starting the day with a positive mindset and a calm, focused approach.

Materials Needed: None (just a space for quiet reflection)

Steps:

1. **Introduction to Mindfulness:** Explain that mindfulness is about being present and aware of the moment, which can help them start their day with calmness and focus.
 2. **Mindful Morning Routine:** Lead the girls in a brief mindfulness exercise, such as:
 - **Breathing:** Encourage the girls to take three deep breaths, inhaling deeply through the nose and exhaling through the mouth, focusing on the breath to calm their minds.
 - **Gratitude:** Ask them to think about one thing they're grateful for in the morning, whether it's something small or big.
 - **Affirmations:** Have the girls come up with a positive affirmation to say to themselves (e.g., "Today will be a great day" or "I can do my best").
 3. **Sharing:** Allow the girls to share their affirmations or things they're grateful for with the group if they feel comfortable.
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Activity 2: Plan Your Great Day (Time Management and Organization)

Objective:

Teach the girls how to organize their day in a way that includes productive, fun, and restful activities. This helps develop time-management skills.

Materials Needed:

- Recycled paper or digital devices for planning
- Colored pens or eco-friendly markers (optional)

Steps:

1. **Explain Time Management:** Discuss the importance of balancing work, rest, and play throughout the day. Explain that organizing the day helps make it easier to achieve goals.
 2. **Create a Daily Schedule:** Have the girls plan their ideal day by creating a schedule, using either paper or a digital device. Encourage them to include activities such as:
 - Morning routine (e.g., wake up, breakfast, and personal hygiene)
 - Productive time (e.g., schoolwork, chores)
 - Fun or creative time (e.g., play, art, reading)
 - Rest time (e.g., relaxation, quiet time)
 3. **Reflection:** Ask the girls to think about how having a plan can help them feel calm and focused. Allow them to share their schedules with the group.
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Activity 3: Energizing Movement (Physical Activity for a Great Day)

Objective:

Help the girls understand how physical activity contributes to a great day by boosting energy and enhancing mood.

Materials Needed:

- Comfortable clothing and shoes
- Open space (indoor or outdoor)

Steps:

1. **Discuss the Benefits of Movement:** Talk about how physical activity helps make us feel energized, happy, and healthy. It's a great way to start the day or take a break.
 2. **Movement Exercise:** Lead the girls in a fun, energy-boosting activity such as:
 - A short yoga session (e.g., simple stretches or poses like "tree pose" or "downward dog")
 - A dance party with upbeat music (they can choose their favorite songs)
 - A fun obstacle course (if you have an outdoor area)
 - A nature walk or scavenger hunt (if you are outdoors)
 3. **Reflection:** Ask the girls how they felt. Did they feel more energized and ready for the day?
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Activity 4: Mindful Eating (Healthy Snacks and Self-Care)

Objective:

Encourage the girls to think about how eating healthy foods supports a great day, focusing on sustainability and nutrition.

Materials Needed:

- Fresh fruits and vegetables (unpackaged)
- Whole grain crackers or nuts
- Reusable plates and utensils

Steps:

1. **Discuss Healthy Eating:** Explain that the foods we eat give us the energy to make it through the day. Healthy snacks can help keep our minds and bodies strong.
 2. **Snack Prep:** Have the girls prepare a simple, healthy snack using fresh fruits and veggies, such as:
 - Apple slices with peanut butter
 - Carrot sticks with hummus
 - Fruit salad with seasonal fruits
 3. **Waste-Free Snack Time:** Ensure all snacks are served on reusable plates and encourage the girls to bring their own reusable containers or cloth napkins to avoid single-use packaging.
 4. **Enjoy and Discuss:** As the girls eat, talk about how healthy snacks can help them feel their best throughout the day.
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Activity 5: Gratitude Journal (Reflecting on a Great Day)

Objective:

Encourage the girls to reflect on their day and practice gratitude, which is essential for a positive mindset.

Materials Needed:

- Recycled paper or digital journaling platform
- Pens or eco-friendly markers

Steps:

1. **Introduce Gratitude Journaling:** Explain that keeping a gratitude journal is a great way to end the day on a positive note by focusing on what went well and what made them happy.
 2. **Journal Prompts:** Provide the girls with some prompts to help them reflect, such as:
 - What was the best part of my day?
 - What is one thing I am thankful for today?
 - How did I help someone today?
 3. **Journal Time:** Allow the girls to spend time writing or drawing their reflections in their journals.
 4. **Sharing:** If they want, the girls can share their reflections with the group.
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Activity 6: Compliment Circle (Building Positive Relationships)

Objective:

End the day by lifting each other's spirits with kind words and creating a supportive environment.

Materials Needed: None (just a space to sit in a circle)

Steps:

1. **Explain the Compliment Circle:** Explain to the girls that giving compliments helps build confidence and makes people feel good about themselves.
2. **Compliment Circle:** Have the girls sit in a circle and take turns giving a compliment to the person on their right. Encourage them to focus on qualities they admire in their peers (e.g., "You are very kind," "I love your sense of humor").
3. **Reflection:** Afterward, discuss how it feels to both give and receive compliments. Emphasize the power of kind words in making the day better.

No Waste Aspect:

This activity doesn't require any materials, focusing purely on positive interactions that contribute to a great day.

Conclusion and Badge Completion:

After completing all activities, gather the girls to reflect on how they made their day great. Ask them which activities made them feel happiest, most energized, or most mindful. Discuss how they can use these activities in their daily lives to continue creating "great days."

This plan provides an enjoyable and waste-free way to help the Brownies create a great day while promoting positive habits, mindfulness, and sustainability.