



Go Red Patch Program

for Girl Scout Juniors



Heart Education

Do one of the following:

- **Learn how your body works.** Visit the kidshealth.org website and click on *For Kids* and then *How the Body Works*. Watch the “heart” and “muscles” video. Take the quiz to see how much you learned! Print out the quiz and present it to your family or troop leader.
- **Make healthy habits.** Complete the American Heart Association *My Healthy Habits Checklist*. Print the checklist from the Go Red Patch Program website. There are six open spots for you to come up with your own healthy habits that are important for you. Pick a place to display your healthy habits like a refrigerator or bulletin board so you remember what your healthy habits are so you can complete them every day!
- **Know your fats.** Visit the heart.org website to learn more about fats and how to prevent high cholesterol. Get the link on the Go Red Patch Program website.

Notes:

Fitness

Do one of the following:

- **Ask a dancer for help.** Invite a dance teacher or a family member, neighbor or older Girl Scout who is skilled at dancing to teach you some basic steps or attend a dance class such as Zumba, Jazzercise or step aerobics.
- **Get creative.** Jog in place to your favorite upbeat song, do jumping jacks or tag-dash with friends. Create your own unique dance routine using these moves. Do the dance every week and track your steps, jumps or how many times you can go back and forth with tag-dash and see your progress.
- **Get moving.** Participate in Jump Rope for Heart or a walk/run for your favorite organization. Remember, Girl Scouts cannot raise money on behalf of another organization. Girls cannot acquire sponsors for the event, but they can participate.
- **Learn something new.** Pick a physical activity you’ve never done before. Learn how to do it and then challenge the rest of your troop or family to participate.

Notes:

Nutrition

Do one of the following:

- **Food art.** Create a snack that combines at least three types of fruits or vegetables and also looks like a work of art.
- **Track what you eat** for a set period of time. Create a chart tracking categories (fruits and vegetables, whole grains, meat, salty snacks, sugary beverages, etc.). Print the chart from the Go Red Patch program website.
- **Plan a heart-healthy picnic adventure** as a troop or with your family. Make a heart-healthy picnic snack. Use your imagination. Walk or bike to a local park and explore the surroundings.
- **Color a plate** and identify at least three foods that belong in each section. For directions, print the *Color a Plate worksheet* from the Go Red Patch Program website at prohealthcare.org/go-red-girl-scouts.aspx.
- **Use your green thumb.** Help plant, tend and harvest a garden with vegetables, fruits or herbs with your family. Help prepare a meal that includes these items.
- **Invent your own Go Red nutrition activity.**

Notes:

Family

Do one of the following:

- **Branch out.** Complete a pre-designed heart health family tree. Print the *Family Tree worksheet* from the Go Red Patch Program website. Talk with family members about heart disease and stroke.
- **Take a stroll.** Take a half-hour walk with at least one family member, five times a week.
- **Team up.** Create a family “team” and participate in a local American Heart Association Heart Walk. Visit all booths in the village. Remember, Girl Scouts cannot raise money on behalf of another organization, but you can participate in the walk.
- **Become an artist.** Create a greeting card with a prewritten message and give it to a woman you love. Message: “I love you, so I want you to take care of your heart!”
- **Cook for change.** Help prepare a heart healthy meal for the family to share. Tell your family why it is important to eat healthy.
- **Invent your own Go Red family activity!**

Notes:
