



Go Red **Patch Program**

for Girl Scout Daisies and Brownies



Heart Education

Do one of the following:

- **Love your heart.** Complete the *Love Your Heart journal* with family or friends, present to your troop leader. Print the *Love Your Heart worksheet* from the Go Red Patch Program website at prohealthcare.org/go-red-girl-scouts.aspx.
- **Visit the Texas Heart Institute website and their toolbox.** When you are finished, be sure to take the fun online quiz. www.texasheart.org/ProjectHeart/Kids/Learn/toolbox.cfm
- **Make a pledge** with a woman you love to improve heart health by researching what it means to be heart healthy and then making one healthy change.

Notes:

Fitness

Do one of the following:

- **Host a day of play.** Grab some friends, family or troop members and play a game! Pick your favorite game from these three to play!
 - Hot potato
 - Walk the plank
 - Leap Frog
- **Dance it out.** 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.
- **Challenge your troop or family to try a new physical activity** and do it together.

Notes:

Nutrition

Do one of the following:

- **Get creative.** Create a snack that combines at least two kinds of fruits or vegetables.
- **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.
- **Do a taste-test.** Try three fruits and vegetables that you have never tried before and do a taste-test with your troop or family. When you are done, draw a picture of your favorite.
- **Plant a garden.** Help plant, tend and harvest a garden with vegetables, fruits or herbs.
- **Color a plate** and identify at least one food that belongs 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.

Notes:

Family

Do one of the following:

- **Walk for heart health with a family member.** Take a half-hour walk with at least one family member, three times a week.
- **Participate in a Heart Walk with family.** Participate in a local American Heart Association Heart Walk with your family. Remember, Girl Scouts cannot raise money on behalf of another organization, but you can participate in the walk.
- **Help her heart.** Color a greeting card and give it to a woman you love. Use the greeting card template found on the Go Red Patch Program website at prohealthcare.org/go-red-girl-scouts.aspx.
- **Cook a heart-healthy meal.** Help prepare a heart healthy meal for the family to share.
- **Invent your own Go Red family activity!**

Notes:
