



My Best Self



Badge Overview

We only get one body, so it's important to take care of it! Learn to pay attention to what your body needs and how to ask for health help if you need it—so you can keep yourself feeling great.

Badge Components

1. Get to know your body

Earn this step by completing the All About Me page of the [worksheet](#)!

2. Eat and play in a healthy way

With your parent's permission, head online to choosemyplate.gov to learn more about the 5 food groups and how much you need of each daily.

- Then, earn this step by completing this [worksheet](#). You will need to label the 5 food groups properly and then give an example of a food or drink that falls into each category!
- Also, think about what types of foods and drinks you should avoid.

3. Find out how your body works

Sometimes you get a cut or scrape that your body has to fix! Earn this step by watching this [video](#) to learn about how your body fixes a cut or scrape.

- When you get a cut or scrape, you can cover it with a bandage! This helps protect it and the scab that your body creates as its own bandage. What are the different types of bandages you can get?

4. Know what to do if something bugs you

It's important to keep track of how you're feeling and think about what you can do when you're feeling down! Earn this step by using page 2 of the [worksheet](#) to keep track of your "feelings faces" for a week.

- Each day, draw a face that represents how you're feeling in the circle. Do this in the morning, at lunchtime, and before going to bed! Try to think about what you were doing throughout the day that made you feel the way you do.

5. Meet a health helper

Sometimes you have to visit the doctor, whether you're sick or just going in for a routine check-up!

- Earn this step by watching this [video](#) to learn about what it's like to visit the doctor and what kinds of doctors there are.

Materials

- Access to internet
- Something to write with
- [All About Me Worksheet](#)
- [Choose My Plate Worksheet](#)

Florida Educational Standards

The content of all Girl Scout national proficiency Badges and Journeys have been correlated by grade level to national and state learning objectives.

Click here for more information on how Girl Scout Badge-work supports Florida's educational standards.



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Include her name, troop# and the name of the badge she's working on and we'll feature her.

Finished with your badge? Now buy it for your Girl Scout Uniform. Order online at <https://www.girlscoutshop.com/SOUTHEAST-FLORIDA-COUNCIL> and we'll ship it for free.

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