



Girl Scouts of the Sierra Nevada  
presents

## Healthy at Home Patch Program

All across the country, many of us are having to stay at home. This patch is designed to help you have some fun while you are at home and stay healthy too!

To earn this patch:

- ❖ Daisies and Brownies – complete at least one activity in each category
- ❖ Juniors, Cadettes, Seniors, and Ambassadors – complete at least two activities in each category
  
- Learn how to wash your hands properly
  - ❖ Make up a song that is 20 seconds long (that’s how long you should wash your hands)
  - ❖ Teach a family member how to properly wash their hands
  - ❖ Make a video about washing your hands and share it with a friend
- Have fun at home
  - ❖ Have a family game night
  - ❖ Get crafty using supplies you already have at home
  - ❖ Make an awesome blanket fort
- Stay connected
  - ❖ Skype, FaceTime, or call a friend or family member
  - ❖ Make a greeting card or write a letter and send it to a friend or family member
  - ❖ Take pictures of your stay at home and share it with your Girl Scout friends
- Stay active
  - ❖ Have an at-home dance party
  - ❖ Set up a challenge course in your backyard
  - ❖ Take a walk outside and get some fresh air and be sure to adhere to social distancing
  - ❖ Go for bike ride around your neighborhood or in a park and remember to social distance
- Help at home
  - ❖ Help your family by doing chores around the house
  - ❖ Work on an at-home project with your family
  - ❖ Clean your room and pick out several things that you can donate to others
  - ❖ Plan and prepare a healthy meal at home, with an adult's help if needed
- Relax and de-stress
  - ❖ Read a good book
  - ❖ Make a playlist of music that makes you feel happy and share it with a friend
  - ❖ Start a personal journal (it's even more fun if you make your journal yourself!)
  - ❖ Learn some funny jokes and share them with others
- Learn or share something new
  - ❖ Learn a new skill (baking, knitting, calligraphy, a new language, birdwatching, etc.)
  - ❖ Research a topic that you are curious about and share what you discovered with your family or friends
  - ❖ Share a skill you already know with a family member

Upon completion of the GSSN Healthy at Home Girl Scout Patch Program, please fill out this quick [survey](#) to receive directions on how to purchase the Healthy at Home patch.

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