



# GREEN ACTIVITIES



Timing: 1 hour

## Summary:

Run a relay race OR make paper planes to learn how to stay happy and healthy.

## Key messages:

- ★ To stay happy and healthy now and in the future, you need a:
  - healthy **diet** = eat healthily and drink lots of water
  - healthy **environment** = take a bath or shower and clean your home
  - healthy **lifestyle** = get enough sleep, do exercise every day, go to school, and visit a doctor/clinic regularly

## Resources provided:



Rebecca's story - Chapter 1



Paper plane template



**Keep moving!**

Always begin with a physical warm-up (see page 8).

## Preparation:

1. Read the green stage of the GPN Fact File.
2. Gather your prepared Badge Trackers.
3. Choose the main activity:
  - **Yummy Relay:** Gather eight objects that represent how to stay happy and healthy: **bowl** (for eating), **cup** (for water), **soap** (for washing), **broom** (for cleaning), **pillow** (for sleeping), **shoes** (for exercise), **book** (for education), **first aid kit** (for doctor)
  - **Flying Away:** Gather paper and pens.



## Starter:



15 mins

1. Introduce the Girl Powered Nutrition badge. Explain that by the end of the badge, the group will eat more healthily **and** will have helped other people do the same.
2. Read out Chapter 1, including the questions.
3. At the end, ask the group:
  - a. What are the eight things we need in life?
  - b. Do you have any unhealthy habits, like Rebecca and her friends?





## Choose your main course:

30 mins



### YUMMY RELAY

or



### FLYING AWAY

- The aim is to help Rebecca by collecting the most objects!
- First, show the eight objects. The group guesses which object represents each of the things we need to be happy and healthy, e.g. soap = washing.
- Invent an action for each thing we need, e.g. washing = rub your body.
- Two teams stand opposite each other. The leader stands in the middle and holds up one object. One player from each team runs to the middle and does the agreed action. The quickest player to do it correctly is given the object. Both players return to their teams. Repeat.
- The winners have the most objects at the end!

- The aim is to make a memory plane to fly to Rebecca!
- First, recap the eight things we all need to be happy and healthy (see Key Messages). Draw/write them for everyone to see.
- Each person draws the eight things we need on their paper.
- Demonstrate one way of making a paper plane (use the template provided). At their own pace, each person folds their paper into a plane.
- Everyone tests their planes to see if they can reach Rebecca!



## Reflection:

15 mins

- Introduce the Badge Tracker and how to use it.
  - Ask everyone to colour in the green section. They then write or draw what they learned today. Prompt using the Key Messages and these questions:
    - What do we need to be happy and healthy?
    - What could you do to be even healthier?
- Congratulate everyone on completing the **green stage!** Keep the Badge Trackers safe.



### Can't meet up?

Ask the group to read Rebecca's story with an adult. Then draw a picture of each of the eight things we need to be happy and healthy.



### Got technology?

Take photos or videos of the group's objects or planes. Share at school or with family.



## Resource 1:

# Rebecca's Story - Chapter 1

Meet Rebecca. She's 10 years old and a Girl Guide who lives in a village near Muheza in Tanzania, east Africa. She speaks Swahili and English. Rebecca loves Guiding, reading and playing with her younger brother and sister (Zack and Faith) – but only after finishing her chores! When she's older, she dreams of travelling to one of the WAGGGS World Centres so she can experience different cultures! Rebecca is curious and asks lots of questions.

Every morning Rebecca has to get up at 6am. She's often tired because she goes to bed late. She moves around slowly like a tortoise, dragging her feet (which annoys her mother!). She makes her bed and has a bath. Rebecca doesn't have time for breakfast so she quickly drinks a big glass of water before beginning the walk to school. While walking with Faith and Zack, her stomach starts to rumble and she keeps yawning.

**Ask the group: Why do you think Rebecca is tired? Why is she hungry?**

*Going to bed late and skipping breakfast are examples of unhealthy habits.*

Her best friend Grace, also a Girl Guide, is waiting for her at the crossroads. Grace starts dancing as soon as she sees the three of them – waving her arms and stamping her feet in perfect rhythm. They all fall about laughing. Grace always puts a smile on people's faces.

Walking together, Grace suddenly asks Rebecca, "Do you have an unhealthy habit?". Faith, her sister, interrupts before Rebecca can answer, "I'd say she watches too much TV until late at night!" Rebecca rolls her eyes. She thinks, "Actually, I think I have a few. I go to bed too late so when I wake up it feels like my body weighs as much as five elephants! I often forget to eat breakfast too." Grace smiles, "I've been thinking the same you know – I think we all have some unhealthy habits like not eating enough fruit and vegetables. But I don't know where to start."

**Ask: Do you think you have any unhealthy habits?**

Rebecca's sister Faith stops in front of them all: "I know! At school last week, our Health and Welfare Officer told us about being happy and healthy. Not just in Tanzania, but everywhere in the world." Faith puts down her bag and smooths her uniform, as if she's getting ready for a performance. She holds up three fingers and says: "All of us need three things."

**Ask everyone to show three fingers, and point to each as you read.**

Pointing to the first finger: "This one's for a **healthy diet**. We need to eat three balanced meals every day and drink lots of clean water!" Pointing to her second finger: "And this one's for a **healthy environment** – you need to have a bath or shower every day, and keep your home clean – especially the kitchen and bathroom!" With her third finger, she looks everyone in the eye: "This is for a **healthy lifestyle**. We need 9-11 hours' sleep (Faith yawns dramatically), to do exercise (she runs on the spot), go to school (she points to her uniform), and to visit a doctor/clinic regularly (she touches her forehead). Faith puts her bag back on her shoulder and spins around to carry on walking, looking very proud to know more than her older siblings.

The other three run to catch up. "Wow!", says Rebecca. "So, I need to get more sleep and I need to eat breakfast – that will improve my lifestyle and diet." Grace adds: "I need to improve my environment by cleaning my room." Zack shouts, "Me too, now we need to hurry up or we'll be late!" They all run off towards the school gates.



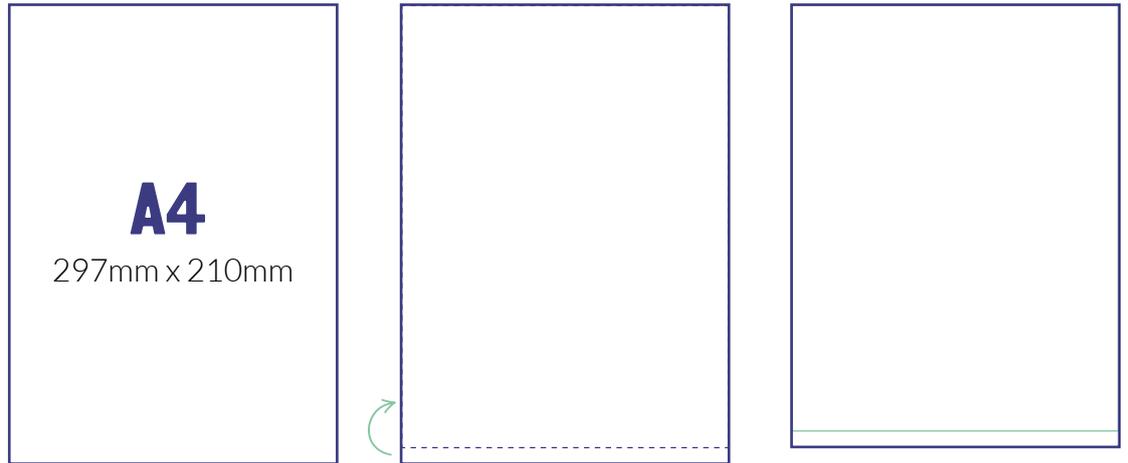


## Resource 2:

# Flying Away: Paper plane template

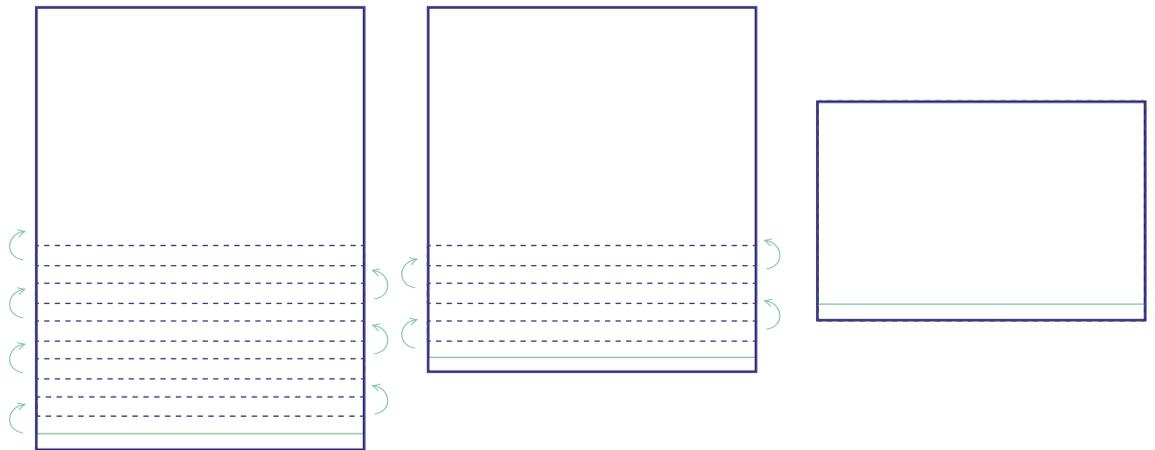
### STEP 1

With the paper portrait, fold over the bottom edge by 1cm.



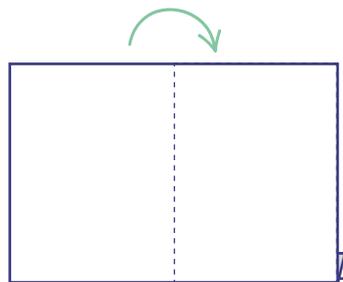
### STEP 2

Fold over again. Repeat until you reach halfway up the paper.



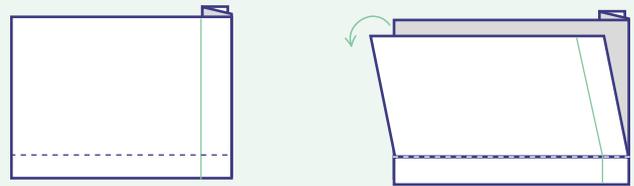
### STEP 3

With the folded side face down, fold the paper in half.



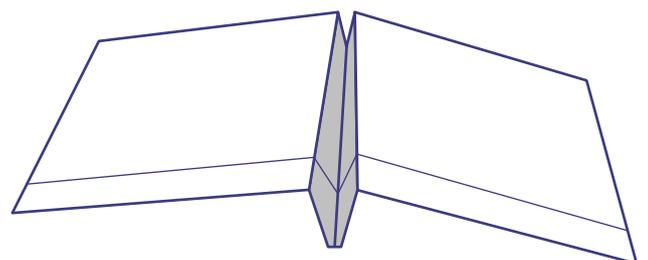
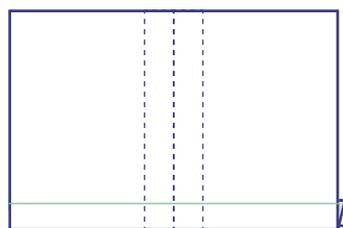
### STEP 4

Keeping the paper in half, fold one of the 'wings' back at 2cm.



### STEP 5

Repeat on the other side. You're finished!



## Final design