

## Brownies

The Take Action for Healthy Living can be used along with *Brownie Quest Journey* to earn the Take Action Key Award.

### **A Great Brownie Take Action for Healthy Living Project:**

- Relies on girl input in choosing and planning
- Gives girls the opportunity to work as a team
- Enables girls to advocate for healthy living by talking to others and educating and inspiring them

### **Try these ways to involve girls to make sure the project is girl led:**

Girls should take ownership of their Take Action for Healthy living Projects from choosing a healthy living issue and ways of solving the problem to making the project a Take Action Project. Try the ideas below to include girls in the planning for the projects.

- What places might need the Brownie Team to help with healthy living? (See *Brownie Quest girl book* p. 66 for tips)
- What is the Brownie Action plan? (See *Brownie Quest girl book* p. 68 – 69 for tips)
- How did the Brownie Team make the world better? (See *Brownie Quest girl book* p. 70 for tips)

### **Ideas for your Take Action for Healthy Living Project**

Take Action Projects not only solve the root cause of an issue important to your Girl Scouts– in a sustainable way, they educate and inspire others to act. Try some of these ideas below or check out the It's Your World – Change It! Journey for more ideas.

- Partner with a school library or community building to make signs about a healthy living issue
- Host a family meeting about a healthy living issue
- Make a booklet, play or other creative endeavor to offer tips about a healthy living issue to other girls, families, or schools
- Learn about a healthy living issue and create a simple way to spread the word
- Work with local officials to find ways to improve a healthy living issue

### **Celebrating Your Take Action for Healthy Living Project**

Try one or more of these great ways to celebrate the Take Action for Healthy Living Project. Plan time and resources for your celebration into the project plan. Celebrating and reflecting on girls' accomplishments are important!

- Give each girl a chance to say how she feels about the project and what they have achieved
- Let them know what they accomplished on behalf of healthy living
- Give girls examples of the teamwork you saw
- Invite friends and family to your ceremony
- Look at pictures from the project