

Juniors

The Take Action for Healthy Living Project can be used along with *Agent of Change* Journey to earn the Power of One, Power of Team, and Power of Community Awards. It can be used as a Bronze Award Project.

A Great Junior Take Action for Healthy Living Project:

- Relies on girls brainstorming, making a team decision, and devising a doable plan
- Strives towards lasting change, ask others to be involved in their project, and have opportunities to ask for what they need to make change
- Gives girls a chance to observe and improve their teamwork
- Enables girls to take pride in all they have learned and accomplished and allows girls to thank everyone who has assisted them

Try these ways to involve your girls to make sure your project is girl led:

Girls should take ownership of their Take Action for Healthy Living Project 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.

- Girls brainstorm many options (See *Agent of Change girl book* p. 66-76 for tips)
- Girls make a team decision (See *Agent of Change girl book* p. 78 for tips)
- Girls create a plan (See *Agent of Change girl book* p. 79-84 for tips)
- Girls celebrate (See *Agent of Change girl book* p. 85-87 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 a display 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
- Create a pledge for others to take about a healthy living issue
- Create a pamphlet or display about a healthy living issue
- Learn about a healthy living issue and ask local officials or businesses to help make a change

Celebrating Your Take Action for Healthy Living Project

Try one or more of these great ways to celebrate your 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 she has achieved
- Ask what the girls accomplished on behalf of healthy living
- Discuss the examples of the teamwork they saw
- Invite friends and family to your ceremony
- Look at pictures from the project