

## Seniors

The Take Action for Healthy Living Project can be used along with the *GIRLtopia* Journey to earn the Visionary Award. It also can be used towards a Gold Award Project.

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

- Helps the girls expand their network- they get to meet and interact with new people.
- Gives team members a chance to use talents and skills in new ways.
- Identifies a specific problem and involves the girls in a specific solution – not so big and broad that they can't do it and feel the impact.
- Is doable with the time and resources the girls have. Girls decide how big their project will be.
- Gives girls a chance to advocate for healthy living.
- Gives girls an opportunity to educate about healthy living and inspire others to be involved, too.
- Strives for a sustainable impact, no matter what its focus.

### **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 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 them in the planning for the projects.

- Girls discover their vision for healthy living (See *GIRLtopia girl book* p. 17-51 for tips)
- Girls see themselves as leaders and rally other people together (See *GIRLtopia girl book* p. 52-66 for tips)
- Girls plan and lead the Take Action for Healthy Living Project (See *GIRLtopia girl book* p. 67 -105 for tips)

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

Take Action Projects not only solve the root cause of an issue important to girls– in a sustainable way, they educate and inspire others to act. Girls can pick any issue that involves healthy living and work to solve a problem in that issue. Try some of these ideas below or check out the It's Your World – Change It! Journey for more ideas.

- Enlist businesses to change their practices to solve a healthy living issue
- Create a new school or town policy about a healthy living issue
- Educate others through a creative way and get them to commit to making a change
- Create a manual or community guide about a healthy living issue
- Share a gallery of pictures about a healthy living issue with others
- Create a PSA about a healthy living issue

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

Try one or more of these great ways to celebrate their Take Action for Healthy Living Project. Schedule 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 girls accomplished on behalf of healthy living
- Ask girls to share what they have learned with others
- Give girls specific examples of what you observed about their efforts
- Look at pictures from the project