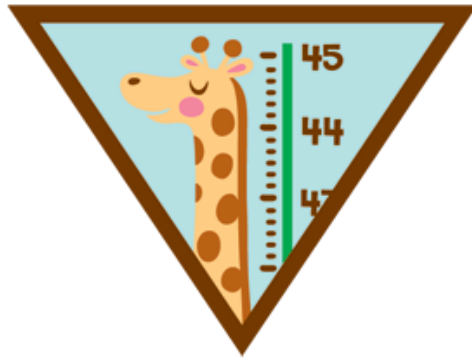


Girl Scout Brownie

# My Best Self



**M**arjorie Merriweather Post, who once lived at Hillwood, believed in living a healthful lifestyle.

Healthy living starts with a happy, confident you. Today at Hillwood you will practice making positive choices that will keep your mind and body fit to keep you strong for life.

### **How to Earn Your *My Best Self* Badge:**

- Complete all the “Try This!” activities in this booklet.
- Use a map of Hillwood to find the locations mentioned.
- Mark the checkbox next to activities you’ve completed.
- Show your troop leader your completed packet. Your troop leader can purchase *My Best Self* badges from the Girl Scout Council of the Nation’s Capital.

## Step 1 — Get to know your body: Color in your eyes, hair, and favorite clothes

### Try This!

Check here when you complete this step.



Visit the **Entry Hall** in Hillwood's mansion to find the large **portrait of Catherine the Great**, empress of Russia from 1762-1796.

A **portrait** is a likeness of a person, created by an artist. Looking at portraits we can learn:

- How the person looked.
- What was important to them.
- Their character traits.

Many symbols in the portrait demonstrate that Catherine was a powerful woman.

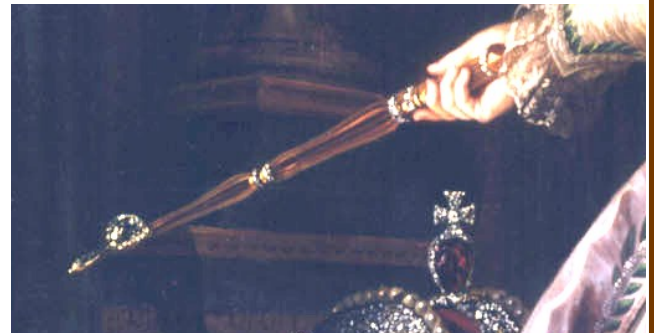
**Find these three symbols of power in the painting:**



CROWN



ORB



SCEPTER

Visit the **ART PROJECT** to create a self-portrait. Think about how you will present yourself in your portrait:

- Color in your eyes, hair, and favorite clothes.
- What do you like to do? Show those activities in your portrait.
- What are your character traits? Are you kind, funny, or adventurous? Use symbols, like Catherine the Great did, to show this in your portrait.

## Step 2 — Eat and play in a healthy way: Try three different kinds of exercise.

### Try This!

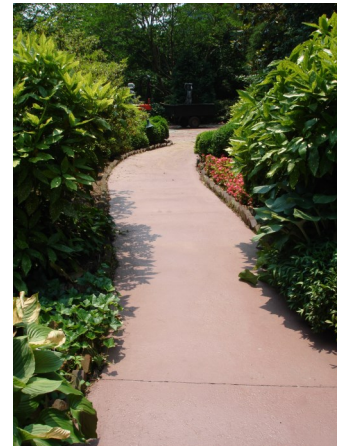
Check here when you complete this step.



Marjorie Post believed in living a healthy, active lifestyle. She began each day at Hillwood with morning exercises in her dressing room. In the afternoon, she walked her garden paths for exercise.



Marjorie Post's Hillwood dressing room



Hillwood garden path

Visit the **LAWN GAMES** to try out different kinds of exercise. Choose at least **three** activities to try from the list below. Put a check next to the activities you tried.

- Putting on the putting green
- Jump rope
- Hula hoop
- Horseshoe toss
- Hopscotch
- Croquet
- Badminton
- Walking the garden paths
- Other: \_\_\_\_\_

## Step 3 — Find out how your body works: Talk about three reasons your “tummy” might hurt

### Try This!

Check here when you complete this step.



Marjorie Post knew that it was important to take good care of herself. One way she did that was by often making healthy choices when deciding what to eat.

Every morning for breakfast, which she ate in her dressing room, she had a banana and a bowl of Grape Nuts cereal. Eating whole grains and healthful fruits is one way to try to keep stomach aches away.

Have you ever had a stomach ache? What did it feel like? Why did you have it? Here are three common reasons you might have a stomach ache.

**Draw a line to match the type of tummy trouble to the best way to prevent it!**



#### Sickness

You might have an infection that makes you feel sick to your stomach.



#### Eat healthy foods.

Especially with lots of fiber, and don't overeat!



#### Food

Sometimes you eat something that makes your stomach feel bad.



#### Relax.

Get enough sleep and find ways to relax.



#### Stress

Sometimes if you are worried or stressed about something it may cause a pain in your stomach.



#### Wash your hands.

Clean hands will help keep you from spreading germs.

## Step 4 — Know what to do if something bugs you: Create a “happy sack” with five things that make you smile

### Try This!

Check here when you complete this step.



In Hillwood’s Japanese-style garden you will find a statue of Hotei, the god of happiness in the Japanese Shinto religion. He carries a sack of happiness on his back.



What will you put in your happy sack? What are some things that make you smile? They might include:

- Photographs of people you love, a happy occasion, or a beautiful place
- A favorite stuffed animal or other favorite toy
- A favorite book
- What else?

Write a list below of the five things you will put in your “happy sack:”

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Visit the **ART PROJECT** to decorate your “happy sack.”

When you get home, fill your sack with five things that make you smile. The next time you feel worried or upset, take out your “happy sack” to feel better!

## Step 5 — Meet a health helper: Sometimes you need someone else to help you stay healthy!

### Try This!

Check here when you complete this step.

Visit the **HEALTH HELPER** to meet a yoga instructor from Breathing Space, a family-focused yoga studio in Washington, DC.

Try these activities with the Health Helper:

- Practice yoga poses
- Participate in mindfulness activities
- Ask for tips on how to stay healthy

Breathing Space is excited to share the joy of yoga with Girl Scouts!

Our fun and engaging activities will introduce Girl Scouts to creative ways to build strength, improve flexibility, and sharpen focus, all while fostering relaxation and mindfulness.

As a family-focused yoga studio serving the DC area, we believe yoga is a powerful tool for healthy living at any age. We look forward to helping Girl Scouts move, breathe, and learn about yoga together!

