



Staying Fit [Meeting 2]

Overview

Note to Volunteers

A few agenda activities in this meeting plan have two options—one that can be done inside and one to be done outside (*Get Girls Outside!*). Carefully read through both activity options and choose one to add to your meeting plan agenda. **Please note all PDF-printed documents list the description and materials required for both the inside and outside options—you will only need to purchase materials for one option.**

The excitement and fast pace of running troop meetings for the first time can sometimes leave us tongue-tied. For that reason scripting is included for guiding girls through a meeting; these "lines" are under the heading "**SAY.**" However, you're the expert. If you feel you don't need the script, do what makes sense for you and your girls.

Prepare Ahead

- Talk to anyone helping you about what they will do at this meeting.
- Read the Take Action Guide for Volunteers located in the resources section. Throughout the year, you'll guide girls on their Take Action Project. When it comes up in your meetings, you'll want to make sure girls understand the steps for taking action: They will see a need, work with others to brainstorm solutions, develop a plan, and do the project.
- If weather and space permits, some of these activities might be fun to do outside. See if there is a space large enough to get active outside.
- For Activity 3: Feel free to research the yoga poses online if you are unfamiliar with any of them.
- For Activity 6: Create a sample Stick To It workout jar as an example for girls.

Get Help from Your Friends and Family Network

Your Friends and Family Network can include:

- Girls' parents, aunts, uncles, older siblings, etc.
- Other volunteers who have offered to help with the meeting

Ask your network to help:

- Make snacks
- Welcome girls to the meeting
- Supply materials for the session

Meeting Length

90 minutes

The times given for each activity will be different, depending on how many girls are in the troop. Plus, girls may really enjoy a particular activity and want to continue past the allotted time. As much as possible, let them! That's part of keeping Girl Scouting girl-led! And what do you do if you only have an hour for the meeting? Simply omit some of the activities.



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Materials

Activity 1: As Girls Arrive

- Construction paper
- Markers
- Crayons

Activity 2: Opening Ceremony

- Girl scout promise and law

Activity 3: Animal Yoga — **Inside Option**

- Yoga Mats Or Beach Towels For Each Girl (Optional)

Activity 3: Stress-Free Outdoors Zone — **Get Girls Outside!**

- Blankets, towels or mats, enough for all girls
- Papers, pencils (optional)

Activity 4: Take Action Pause

- Paper
- Pen or pencil

Activity 5: Snack Chat

- Healthy snacks

Activity 6: Stick To It Workout — **Inside Option**

- Popsicle sticks — enough for each girl to have 8-10
- Mason jars — one for each girl
- Markers
- Glitter
- Glue
- Stickers

Activity 6: Fit Family Demo — **Get Girls Outside!**

- Optional: Jump rope, Frisbee, beach ball
- Blank index cards
- Pens and pencils
- Index cards with Family Fitness activity ideas like these:
 - After-dinner walk
 - Dance session
 - Bike ride in neighborhood
 - Go on a campout
 - Take a hike
 - Jump rope
 - Play Frisbee
 - Play catch
 - Rake piles of leaves in the backyard



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- Garden
- Walk the dog
- Swim together in a pool or ocean
- Exercise while watching TV: do pushups, run in place, jumping jacks

Activity 7: Closing Ceremony

- Staying fit badges, one for each girl

Detailed Activity Plan

Activity 1: As Girls Arrive

Time Allotment

10 minutes

Materials

- Construction paper
- Markers
- Crayons

SAY:

- Good mental health is really important to your body as well. Draw a picture of one of the ways you like to de-stress or relax.
- *Have girls draw a picture.*

Activity 2: Opening Ceremony

Time Allotment

15 minutes

Materials

- Girl Scout Promise and Law

Steps

Gather girls in a circle. Welcome them to the Staying Fit meeting.
Girls say the Girl Scout Promise and the Girl Scout Law together.

SAY:

- *Hopefully everyone had fun working on ways to stay fit this week. Does anyone want to share what they did since our last meeting?*
- *Have girls share their stories, read their fitness logs, or share photos of what they did.*
- *Sounds like everyone did a great job of staying fit!*



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- *In this meeting, we are going to work on helping your mind stay in good shape. Worrying or stressing isn't good for our bodies, so we'll find some ways to relax. We'll also figure out what health facts are true and which are not. And, maybe most importantly, we'll have fun creating a game that you can play to help your whole family stay fit even after you've earned your badge.*
- *So let's get started!*

Activity 3: Animal Yoga — Inside Option

Time Allotment

20 minutes

Materials

- Yoga mats or beach towels for every girl(Optional)

Steps

Ask girls to remove their socks and shoes. Note to volunteers: Keep girls with special needs in mind and adapt the poses for their abilities. If they are physically unable to join in, include them by having them act as a yoga coach by calling out an activity.

SAY:

- *Staying fit means working more than just your muscles that you can see — it also means keeping another muscle — your brain — in shape as well. It's hard to do that if we are worried, stressed, or upset about something. So this activity will give you one way to help you feel better.*
- *Has anyone ever heard of yoga? Yoga is a type of exercise that began in India more than 5,000 years ago. It uses breathing and stretching together to help relax your mind.*
- *So before we begin practicing yoga, we need to first find our breath. Breathing is something we do all day long, but concentrating on your breath and breathing in and out slowly can help your mind.*
- *Let's try it. Breathe in through your nose slowly and out through your mouth. As you breath, try and feel the breath fill your belly, then your ribs, then your chest, and then let it out that way too.*
- *Let's take a few moments and concentrate on your breathing. Lie down on your backs, and just breathe slowly.*
- *As they do this, you may want to remind them to go slowly and to concentrate on feeling the air fill their chest, and then letting it out.*

SAY:

- *Now that we have practiced breathing, let's put it with some yoga moves. Yoga is not just about relaxing, it's a great workout!*



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- *First, spread out so everyone has some room. Yoga usually begins with breathing and stretching exercises. You did the breathing, now let's do some stretching. First, let's do the mountain pose to stretch.*

Mountain Pose

1. *Stand tall with your feet together, arms at your sides.*
2. *Your shoulders should be relaxed.*
3. *Make sure your weight is distributed evenly through your feet.*
4. *Take a deep breath and raise your hands overhead, palms facing each other with arms straight.*
5. *Reach toward the sky with your fingertips.*

Hold for 10 seconds.

- *Now we'll try some other yoga poses. I like doing animal poses, because they are fun and really make you happy when you do them. But don't worry if you can't do the pose exactly. Everyone's body is different. If something hurts, you definitely shouldn't be doing it. Raise your hand and I'll change the pose for you.*
- *Go through the poses below, walking them through the steps and reminding them to breathe.*
- *Move on to the next pose after it seems like everyone has gotten it. Note to volunteers: Do as many poses as you think there's time for. The key is to keep it fun.*

Upward Facing Dog Pose

1. *Begin on the floor, lying on your stomach*
2. *Bring your hands up by your shoulders, palms on the floor*
3. *Inhale, press your hands into the floor*
4. *Straighten your arms, lift your head and torso up as high as you can, keeping your elbows close to your body Hold this position, breathing easily*
5. *Exhale, return to the floor, leading with your chin*
6. *Breathe deeply and hold for 30 seconds to 1 minute*

Frog Pose

1. *Squat on the floor, balancing on your toes, knees spread wide, hands on the floor between your legs.*
2. *Look up and inhale.*
3. *As you exhale, straighten your legs and lower your head toward your knees.*
4. *Return to squatting position, then repeat.*

Cat/Cow Pose

1. *Lay down on your back.*
2. *Start in the Table pose, by kneeling on hands and knees. Make sure hands are below*
3. *shoulders, and knees are below hips.*



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4. *Inhale, look up to the ceiling, and allow your belly to sink toward the floor (Cow pose).*
5. *Exhale, round your back towards the ceiling, and look at your belly (Cat pose).*
6. *Repeat. Have girls meow in Cat pose and moo in Cow pose to encourage breathing.*

Shark Pose

1. *Begin on hands and knees in Table pose.*
2. *Exhale, straighten knees and lift hips.*
3. *Hold your head between your upper arms, do not let it hang or press heavily into the floor.*
4. *To release, exhale and bring knees to the floor.*

[Explain to kids that they are the fins on the back of a shark, poking out of the water. To encourage breathing, have them make the "Jaws Theme" sound while holding this pose.]

Keep It Girl-Led Tip After doing some of the poses listed here, have girls make their own animal yoga poses that seem relaxing to them!

Activity 3: Stress-Free Outdoors Zone — *Get Girls Outside!*

Time Allotment

20 minutes

Materials:

- Blankets, towels or mats, enough for all girls
- Papers, pencils (optional)

Steps:

Girls find a place outdoors to create a stress-free zone.

SAY:

- *When our bodies move enough, rest enough, and get the right fuel, we tend to get less upset and worried, we stress less! But sometimes we need to make time to find a way to feel less stress.*
- *Today you will all find a place outdoors to become your “stress free zone.” Sometimes people ease stress after they move around—like dance and jump or run. Sometimes people ease stress by find a quiet place and doing something restful.*
- *Find your de-stress zone. You can lay a blanket out under a tree. You can find a place to draw or write. You can dance to music in your head. You can sing a song to yourself. You can lie on your back, look at clouds and listen to the wind in the*



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trees! Choose whatever you want to do that will make you feel relaxed. Just make sure to do it in a way you aren't disturbing your neighbor who is also de-stressing!

[After girls have spent 10 minutes in their de-stress zone, gather them together and

SAY:]

- *Let's go around and each of you describe what your de-stress zone was like—where was it and what did you do? Were there sounds that were calming for you, like the wind in the trees, bird sounds, or water running in a brook?*
- *Was there a difference in your heart rate? Your breathing? Did you feel happier when you were in your de-stress zone?*
- *If you were to create a stress-free zone at home or in your backyard, where it would be? What would you do?*

Activity 4: Take Action Pause

Time Allotment

10 minutes

Materials

- Paper
- Pen or Pencil
- Steps
- Bring all girls back together in a circle.

SAY:

- *In the last meeting you talked about ways staying fit might help others. Can you think of ideas for a Take Action Project?*

[Keep It Girl-Led Tip: Give girls time to answer this question. They may want to brainstorm a bit. If girls need prompts, you could suggest one of the following to get them started — but then step back and see how many ideas they can come up with on their own.]

- *Possible ideas:*
 - *Put together a video about healthy eating to share with others*
 - *Create a presentation about ways to keep mentally fit and de-stressed*
 - *Draw posters about Energy Balance to hang at school*
 - *Organize a Fit Day for school where you do a fun walk and hand out printouts about healthy eating*

[Note to volunteers: Write down girls' Take Action ideas throughout the year as they work on badges. You'll use this list later to remind them of their ideas and help them choose one to do.]

Activity 5: Snack Chat

Time Allotment



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10 minutes

Materials

- Healthy snacks

Steps

Pass out snacks.

SAY:

- *As you're eating your snacks, let's talk about health. Have you ever heard of a health tip or something that you should do, but wasn't sure if it was true?*
- *Wait for them to raise their hands.*
- *Me too. There are a lot of untrue facts out there, sometimes even in commercials or on the packaging for our favorite foods.*
- *While you are eating, I'm going to give you a statement. Raise your hand only if you think the statement is true. You can shake your head no if you think it's false.*
- *Eating carrots helps your vision.* [Answer: False — although carrots are really good for you and contain lots of vitamin A, they don't improve your eyesight.]
- *Getting a good night's sleep is important for your health.* [Answer: True — sleep is one way to conserve energy. Our body is restored while we sleep, our brain is recharged, chemicals replaced, tissues and muscles repaired — which is why getting a good night's sleep makes us feel more alert, energetic, and happier.]
- *If you swallow your gum, it will stick in your stomach for years.* [Answer: False — gum has certain components that can't break down in your stomach, but they just pass through your body. Even though it seems like gum is sticky when we chew it, it is the same as any other food.]
- *If a food packaging says all natural then it is good for you.* [Answer: False, again — even if it says all natural it can still have a lot of sugar, lots of fats, or other things that can be bad for you. It is important to read the nutritional label to really tell if it is a healthy snack. And a good rule — the fewer the ingredients the better. If you can't read what is in it, it is probably best to leave it alone.]

Activity 6: Stick to It Workout — Inside Option

Time Allotment

15 minutes

Materials

- Popsicle sticks — enough for each girl to have 8–10
- Mason jars — one for each girl
- Markers
- Glitter
- Glue



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- Stickers

Steps

Pass out a jar and several popsicle sticks to each girl.

SAY:

- *I think it would be great if we could teach our families how to stay fit together. We are going to make our very own game that will help us show our families how to stay fit together.*
- *Let's make a Stick To It jar — in the jar, each stick will have a way to stay fit written on it. You can pick the best ways for your own family to stay fit. Each night before bed, or when your family is all together, you have each person pull a stick from the jar to get their stay fit activity for the next day.*
- *Each person will try to do that activity for the day. At the end of that day, you can talk about how you did and then pull a new stick.*
- *Challenge your family to see how long everyone can keep it up. You can also add new sticks as you think of them or find new activities you like to do.*
- *So work on making your sticks — decorate them however you'd like. You should have enough that there are at least 2 sticks per family member. So if you have a family of 4, you need 8 sticks.*

[If they need ideas:]

- *Do 10 jumping jacks during TV commercials.*
- *Take 5 deep breaths to de-stress.*
- *Find a fruit or veggie for your snack.*
- *Run or ride your bike for 10 minutes.*
- *Do 50 push-ups today.*
- *Do 25 sit-ups today.*
- *Dance throughout an entire song.*

Activity 6: Fit Family Demo — **Get Girls Outside!**

Time Allotment

15 minutes

Materials:

- Optional: Jump rope, Frisbee, beach ball
- Blank index cards
- Pens and pencils
- Index cards with Family Fitness activity ideas like these:
 - After-dinner walk
 - Dance session
 - Bike ride in neighborhood
 - Go on a campout



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- Take a hike
- Jump rope
- Play Frisbee
- Play catch
- Rake piles of leaves in the backyard
- Garden
- Walk the dog
- Swim together in a pool or ocean
- Exercise while watching TV: do pushups, run in place, jumping jacks

Steps:

Girls team up and act out family activities to share with their families at home.

SAY:

- *Getting outdoors and having fun with your family is a great way to stay fit. But there is always the question, “what should we do?” Today you’ll come up with lots of ideas to bring home to your family.*
- *Pair up and act out the idea you both chose on an index card. And tell us why you think it would be a fun thing to suggest for your family.*

[When girls are done, **SAY:**]

- *What activity or activities do you think your family will want to do?*
- *Can you think of other activities we didn’t present today that would be fun, too?*
- *One of the best ways to keep your family in shape is to do something active every day. What’s a good way to make that happen?* [Example: put it on a family calendar, make a plan for an after dinner walk every evening]
- *What are some things regular exercise can do for you?* [You will sleep better, feel better, and have stronger muscles and bones]
- *What are some other ways your family can stay fit doing things we do every day?* [Example: Park farther from the store front door to add additional steps, walk to school or appointments, ride a bike to the store or school, take stairs instead of an elevator, work out while watching TV]
- *How will you make sure you and your family stays active?* [List the ways and post it on the refrigerator at home as a reminder.]

Activity 7: Closing Ceremony

Time Allotment

10 minutes

Materials

- Staying Fit badges, one for each girl

Steps



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Girls form a Friendship Circle and get their Staying Fit badges.

SAY:

- *What was your favorite part of learning how to stay fit?*
- *What are some ways you are going to try and stay fit at home?*

Ask a girl to end the meeting by starting the Friendship Squeeze.