



## DABBLER

### COMPLETE ONE ACTIVITY IN FIVE OF THE GROUPS.

**A.1** Make something that shows the things that are special about your family, the things you enjoy at home, and/or the things you can do with members of a family.

or

**A.2** Collect or make pictures of the important events that happen in the life of a family (births, marriages, deaths, etc.). Discuss different ways families celebrate special events. Share ideas about how family members can support each other during difficult times.

**B.1** Make a picture alphabet chart or book, a set of cardboard letters, or a safe toy for a younger child. Use what you make with several children. Watch and record their actions.

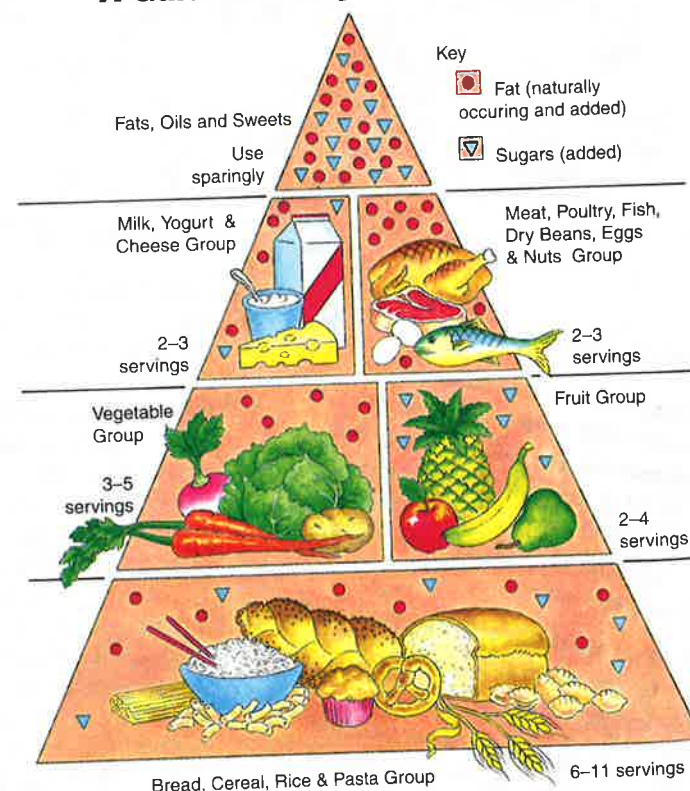
or

**B.2** Spend time with a senior citizen. Plan an activity both of you can enjoy. Determine a way you can stay in contact with each other.

**C.1** Pick one food from each of the six food groups.

- Price each item at two stores near your home.

### A Guide to Daily Food Choices



- Decide which store offers the best buy in each category.

or

**C.2** Visit a place where food is prepared, grown, or processed. Find out how the food gets to consumers.

**D.1** Make up a radio, television commercial, or magazine advertisement for a basic home first aid kit. Include all the items to be contained in this kit. Include the reasons why people should buy the kit.

or

**D.2** Invite a health educator, police officer, self-defense instructor, or other health and safety professional to your troop or group to talk about the do's and don'ts of personal safety and what you can do if someone tries to harm you. To prepare for the presentation, review the sections, "Safety Do's and Don'ts," "Fire Safety," and "Personal Safety" in Chapter 3 of your *Junior Girl Scout Handbook*.



**E.1** Make your own personal health record. Include immunizations, allergies, history of diseases and accidents, family health history, and hospital stays. Keep your health record in a safe and handy place. Keep it up to date.

or

**E.2** Find out what a doctor or dentist does at a checkup.

- Learn the name of each piece of equipment and its use.
- Make up a skit or puppet show that will tell other children what will happen at the doctor's or dentist's office when they go for a checkup.

**F.1** Make a collage or poster that shows others the things you like about yourself—things you do well, things you are proud of, places you have been, and anything else that makes you special.

or

**F.2** Think of some things you might do to improve a relationship with a parent, sibling, friend, or other adult. Try one of your ideas for at least a week.

**G.1** With the help of an adult, learn how to take your temperature, pulse, blood pressure, or respiration (breathing) rate.

- Find out what numbers you should expect to have.
- Take readings for yourself at least twice and compare the results.
- Teach one of these skills to another person.

or

**G.2** Take care of your own clothes for a week.

- Wash them and iron them if necessary.
- Learn how to sort your clothes. Find out what needs to be washed by hand or what needs special treatment.
- Find out how to make simple repairs, such as sewing on buttons.
- Repair several things of your own or repair items for other family members.

**H.1** Discover how you have grown over the years.

- Collect old and recent photographs of yourself or talk to an older family member or relative about your growth.
- List the ways you have changed. What has stayed the same?
- Learn what physical and emotional changes will take place as you become a teenager.

*or*

**H.2** Find out how nicotine, drugs, and alcohol can affect one's health. Share what you have discovered with others.

**I.1** Write an imaginary letter to an advice columnist about a problem that girls and teens may have. Share your letter with others. What advice could they give?

*or*

**I.2** Make a list of ten things you love to do. Then, decide which three things you love to do the most. Have some friends do the same thing. Compare your lists and talk about how it felt to limit your choices.

**J.1** Help organize and take part in an afternoon of fun for your own troop or group or another troop or group. Include a quiet and an active game or sport, a song, a story, a skit or poem, and a nutritious snack.

*or*

**J.2** Ask several adults or children about their hobbies. Find out about one that interests you. Do or make something related to the hobby.

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Date badge completed

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My signature

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Leader's signature