

**GIRL SCOUT
JUNIOR
TROOP 5063**

**GIRLS RULE!
HEALTH FAIR
CARNIVAL**



APRIL 2015

GIRL SCOUTS
Troop
5063

BRONZE
AWARD
EVENT

920
Dollar
YEAR
GRAN

HEALTH
FAIR
for
GIRLS

APRIL
18th
2015

PLANNED
BY
5th Grade
Girls

TREFOIL
OAKS



30
8

G
ATT

COOKING
STATION

EMOTIONAL
HEALTH
STATION

EXERCISE
STATION

TRIVIA
STATION

SARA
and
MEGAN

JOSIE
and
KENDALL

SYLVIA
and
KYRA

SARAH
and
ANABELLA



"SURPRISE"

"You got a check of nine hundred twenty dollars and seventy three cents!"



"Say,

CHEER

CALLING ALL GIRL SCOUT JUNIORS!!!!

Come one, Come all!
To the Big Top at Trefoil Oaks
For the

GIRLS RULE!



Prizes!

HEALTH

Give Awa

CARNIVAL!

Saturday, April 18
9:30am-12:30pm

Fun Patch!

Games



This **FREE** event is sponsored by Girl Scout Junior Troop 5063
for their Bronze Award!



Funded with a grant from Youth As Resources (YAR),
a United Way of Racine County program.





live your dreams

At our Station, we had the girls make a Journal about their feelings and teach that your health is not being fit but your feelings too.

amazing



SMILE

LOVE

everyday
FOREVER

dream



beautiful

you're my inspiration

ALWAYS
TOGETHER

UNIQUE



Just Be You

INSPIRE

encouraging



only makes me stronger

exercise

We started by telling them the three parts of exercise.

endurance.



Then for endurance started jump roping



flexibility



IT'S GREAT TO BE A GIRL!

strength

Then for strength we
did wheel borrow races!



The girls really
liked it!



I AM GOING TO TRY

Then for flexibility, Sylvia
led us in some yogo poses!

STRENGTH



The parents even
participated!



YOGA



And lastly, Karla led us in meditation to relax us!

CALM



We did trivia. We asked questions about health. Here is one of them. "Sugar has this nutritional value. What is None!" Trick question! It doesn't have vitamins or anything good for us! We gave out prizes and the answer key to them and little lavender bags. We did Lavender because it helps you sleep and we did some sleep trivia. We taught the girls about health through a fun Jeopardy game. By!

Sarah + Arabella



A human
Produces
this much
Snot A day

questions?

Who
one

Jeopardy!

TAKE
ACTION

Trivial

Lavender

MAKE A DIFFERENCE
Discover



Smelly!
zzzzzzzz



Girl Scouts



Trivial
? ? ?
Run! Run!
fun

Sarah



Trivia

If you do this hard enough you might break a rib bone!

???

CONNECT



SO HELPFUL

What is Sheez?

???

JEOPARDY EXPERIMENT EXPLORE

Anabella



This way to the
Cooking Station!



(We escorted girls
to their next station)

The

Cooking Station

with
Sara + Megan



Fondue

THINKING
DAY

Two of our helpers!

s'Mcothings

CONFIDENCE
to be me



I love to cook

KALE

LEADER'S DAY



Leaders

I LOVE BEING HEALTHY

in the kitchen



MAKING KALE CHIPS



SMOOTHIES!

COURAGE IS KNOWING WHAT NOT TO FEAR

YUM!

Fun in the Kitchen

We made Kale chips, Chocolate Fondue, and Smoothies. The Smoothies were the most popular.



SARA



Oh my Gosh! This
Fondue is Amazing!
I love it! 😊



MEGAN

We had so
much fun at the
cooking station!!!



H-A-V-A-N-N-A Q-Z-L-U-C-K-I-E



C-O-L-D-Z-R-D-C-B-O-I-I-
Dinner!!



We had fun!! Did everyone else have fun?

ADULT RESPONSES - WHAT DID YOU LIKE ABOUT THE EVENT?

- Girl Scout led, girls were kept busy
- The girls lead the event with minimal help
- All activities were good
- The variety of activities was great
- The girls learned about nutrition
- Breaking into groups and rotating sessions and spending focused time in each area

What didn't adults like? They would've liked more time on the journal, and someone didn't like the smell of lavender on the "carnival prizes" that were handed out.

Adults rated the event on organization and how prepared they thought the girls were. Everyone except one person rated the event either Extremely or Very Organized and all the girls Extremely or Very Prepared. *(Other choices included somewhat, slightly or not at all organized or prepared. The one person chose "somewhat" for both questions).*

Adults rated their overall impression of the event. Everyone except one person rated it as either Excellent or Very good. *(Other choices included fairly good, mildly good, or not good at all. The one person chose fairly good).*

GIRL RESPONSES - WHAT DID YOU LIKE ABOUT THE EVENT?

- Everything
- I liked cooking because I have never made kale chips and that was super fun!
- Being with the other Girl Scouts
- I like how it was made by kids and how they were helpful and nice
- I like to learn more recipes, that's why I liked the cooking station.
- That they let us do our books (self-esteem journals)
- How you got to go to all the stations and learn different things
- Making new friends, and it's my first time here
- I liked the cooking and playing the trivia game
- That I got to learn and do many different things that I never did before
- I liked how we got to learn about health
- The food!!!

What didn't girls like? Everyone said "nothing" except for 4 girls: 3 didn't like the kale chips, and 1 didn't like singing Girl Scout songs (which we did while we waited for everyone to arrive and check in).

Girls rated the event on how they liked it. All girls rated the event by "I loved it!", or "Very good". *(Other choices included "It was OK" or "I didn't like it at all").*

Girls were asked what they learned at the event that they would try at home. We gave them many choices to check off that were things discussed at the event like eat healthier foods, get more sleep, and several others. They were given a choice to come up with their own thing they were start doing because of our event. Those included:

I'm going to be a better person.
Play outside more
Improve on self-esteem
I will work on flexibility
I'll try to wash my hands more often.

Improve using iPad less
To improve on being a nice friend
I will try to be healthier
I will try to cook the food I did in cooking



Here we're getting everyone to quiet down with the Girl Scout quiet sign because we're about to start our bridging ceremony. (First we had a delicious italian dinner and dessert.)



Here we're explaining to our family what you have to do to earn the Bronze Award, and how we did it. We all had a speaking part and presented the whole thing by ourselves. We were nervous about talking in front of everyone, but it was fun and we were proud of ourselves.



We invited our parents,
brothers, sisters, and
grandparents to the
ceremony.



(the microphone made it
really fun.) →



After our Bro
speech, we h
our bridging
ceremony. We
to Girl Scout

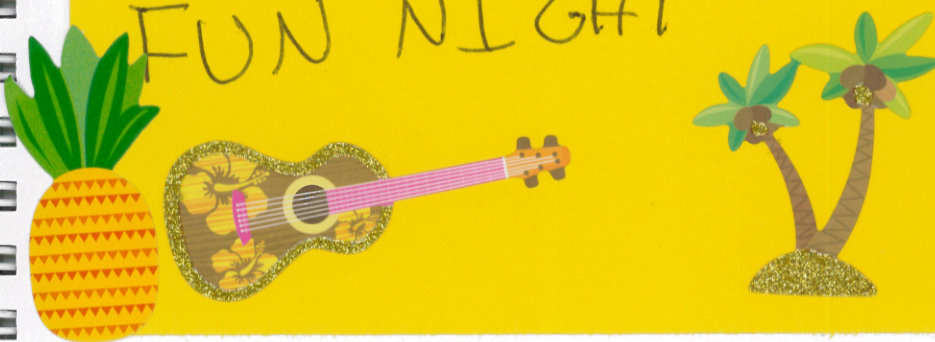


We also did a lei exchange
with our families



And then we walk

WHAT A
FUN NIGHT



Sarah

Kyra

THANK YOU

Sylvia

YOUTH AS RESOURCES



AND



UNITED WAY OF RACINE COUNTY

For helping us with our project!!!!



Sara

Ken

Arabella

Megan



Dodie