

Girls Ages 5-8



2006 World Thinking Day, February 22, 2006

World Thinking Day is celebrated every year on February 22. This is a time when Girl Scouts and Girl Guides all over the world think of each other and appreciate the sisterhood they share.

The 2006 World Thinking Day theme deals with health issues such as:

- Understanding and developing healthy eating habits
- Discovering games that get you moving
- Learning new ways to relax
- Staying away from smoking and drugs

DAISY AND BROWNIE GIRL SCOUTS:

Pick one of the activities to celebrate World Thinking Day.

1. Learn about different healthy foods from around the world.

Do you have a relative or friend from another country? If so, ask the person to give you a healthy food recipe or prepare a favorite healthy food from that country. Share this food with your friends, family, and/or troop members.

2. Throw a healthy food party where you can:

- Taste all the healthy foods and make comparisons
- Discover the origins of all the foods
- Find out what makes them healthy
- Talk about why you think it is important to eat a healthy balanced diet

Want to be creative?

Create activities or events of your own that deal with health issues to celebrate World Thinking Day.

RESOURCES

Have you looked at **GSUSA's latest health and safety resources?**

World Thinking Day is a great time to do so! Check out:

Daisy Petals

- Courageous and strong
- Responsible for what I say and do
- Respect myself and others
- Make the world a better place
- Be a sister to every Girl Scout.

Brownie Try-Its

- "Eat Right"
- "Stay Healthy"
- "Healthy Habits"

For Both Daisies and Brownies

- *In the Zone: Living Drug Free – Booklets/Patches*
- *Girl Scouts Against Smoking Booklets/Patches*
- *Asthma Awareness Patch Program: Helping Girls Breathe Easier*
- *Shape UP!*

For Adults

- *Weighing In: Helping Girls be Healthy Today, Healthy Tomorrow*
- *Feeling Safe: What Girls Say*