



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:

- Developing healthy eating habits
- Fighting obesity
- Understanding eating disorders
- Dealing with stress
- Staying away from smoking and drugs

Pick one of the activities to celebrate World Thinking Day.

▪ **Throw a global healthy food party**

Together with your friends and family or troop/group throw a healthy food party focusing on foods from other countries to celebrate World Thinking Day. You can pick any country from WAGGGS' five regions:

Africa – <http://africa.wagggsworld.org/en/organisations>

Arab – <http://arab.wagggsworld.org/en/organisations>

Asia Pacific – <http://asia.wagggsworld.org/en/organisations>

Europe – <http://europe.wagggsworld.org/en/organisations>

Western Hemisphere – <http://western.wagggsworld.org/en/organisations>

As you plan your party, follow these steps:

- Use the Internet or library to find out what types of foods are produced in that particular country.
- Identify healthy food dishes that you want to make?
- Discover how these foods differ from the foods you eat everyday?

2. Discover universal sports or games played around the world

Sports and games are a great way to stay healthy wherever you live. Making them part of everyday life can improve your physical health. Are the sports/games you participate in similar or different from the ones girls engage in around the world?

With your friends and/or family talk about:

- Your favorite sports or games
- What sports and games do you and your friends play?
- Pick one country from WAGGGS' five regions and discover what sports or games you would play if you lived there.
- With your friends try one of these new sports or games.

Want to be creative?

You are free to create activities or events of your own that deal with health issues to celebrate the event.

RESOURCES

Have you looked at **GSUSA's latest health and safety resources**? World Thinking Day is a great time to do so! Check out:

- Junior Girl Scout Badges and Patches
- A Healthier You
- Highway to Health
- High on Life
- GirlSports Fit & Fun
- Strong Bones, Strong Girls

Other Resources

- *Uniquely ME! The Way To Be!*
- *Helping Girls Breathe Easier*
- *Shape UP!*
- *In the Zone*
- *Girl Scouts Against Smoking*

Adult Resources

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