

Girl Scouts of Western Ohio

Health and Wellness Curriculum

Promoting a Healthy Life Style and Building Academic Skills



Our **Health and Wellness** curriculum provides girls with practical life skills that help them understand what it means to be healthy on the inside and out. The curriculum provides these skills via the Girl Scout core program processes: Girl-Led, Learning by Doing and Cooperative Learning. Not only are these sessions informative and fun, but they also align with Common Core Standards.

Girl Scout Daisies (Kindergarten–First Grades)

The curriculum for our youngest Girl Scouts uses interactive activities to help Girl Scout Daisies learn how to make a healthy snack, tips for staying active and how to build healthy relationships. The girls also participate in a service learning project.

Sample Core Standards addressed by the Girl Scout Daisy Curriculum

- Identify words and phrases in stories or poems that suggest feelings or appeal to the senses. (CCSS.ELA-Literacy.RL.1.4)
- Participate in collaborative conversations with diverse partners about first grade topics and texts with peers and adults in small and larger groups. (CCSS.ELA-Literacy.SL.1.1)
- Demonstrate command of the conventions of standard English grammar and usage when writing or speaking. (CCSS.ELA-Literacy.L.1)
- Demonstrate locomotor and non-locomotor skills in a variety of ways. (PE Standards 1, Benchmark A, K–2)
- Identify activities of daily participation inside and outside of school. (PE Standards 3, Benchmark A, B, K–2)

Girl Scout Brownies (Second–Third Grades)

The Girl Scout Brownie curriculum uses interactive, girl-led activities to help our budding leaders develop a strong sense of self. Girl Scout Brownies will learn about healthy eating, staying fit and they will plan and implement their own service learning project.

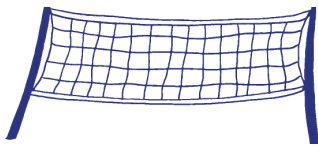
Sample Core Standards addressed by the Girl Scout Brownie Curriculum

- Recount stories, including fables, folktales and myths from diverse cultures. Determine the central message, lesson or moral, and explain how it is conveyed through key details in the text. (CCSS.ELA-Literacy.RL.3.2)
- Explain how specific aspects of a text’s illustrations contribute to what is conveyed by the words in a story (e.g., create mood, emphasize aspects of a character or setting). (CCSS.ELA-Literacy.RL.3.7)
- Explain their own ideas and understanding in light of the discussion. (CCSS.ELA-Literacy.SL.3.1d)
- Identify activities within school that contribute to a physically active lifestyle. (PE Standard 3, Benchmark A, Grade 3)

Girl Scouts of Western Ohio

Health and Wellness Curriculum (cont.)

Promoting a Healthy Life Style and Building Academic Skills



Girl Scout Juniors (Fourth–Fifth Grades)

In this session, girls will begin to develop a strong sense of self, learn what it means to be a good friend and develop strategies to handle stress. The girls will also plan and implement their own service learning project.

Sample Core Standards addressed by the Girl Scout Junior Curriculum

- Determine the meaning of words and phrases as they are used in a text, including figurative language such as metaphors and similes. (CCSS.ELA-Literacy.RL.5.4)
- Describe how a narrator’s or speaker’s point of view influences how events are described. (CCSS.ELA-Literacy.RL.5.6)
- Participate in self-selected activities to meet the minimum daily expectations for physical activity. (PE Standard 3, Benchmark A, Grade 5)

Girl Scout Cadettes (Sixth–Eighth Grades)

This series explores issues of body image and the media’s impact on our perception of beauty, gives girls a strong sense of self and provides stress relieving techniques. The girls will also plan and implement their own service learning project.

Sample Core Standards addressed by the Girl Scout Cadette Curriculum

- Acknowledge new information expressed by others and, when warranted, qualify or justify their own views in light of the evidence presented. (CCSS.ELA-Literacy.SL.8.1d)
- Select areas of interest from school and community resources that can fulfill physical activity needs. (PE Standard 3, Benchmark A, Grade 8, 4)

Girl Scout Seniors/Ambassadors (Ninth–12th Grades)

The curriculum for our oldest Girl Scouts focuses on understanding healthy relationships, identifying the connection between health and stress and giving girls tips on healthy eating. The girls will also plan and implement a service learning project that will impact their community.

Sample Core Standards addressed via the Girl Scout Senior/Ambassador Curriculum

- Propel conversations by posing and responding to questions that relate the current discussion to broader themes or larger ideas; actively incorporate others into the discussion; and clarify, verify, or challenge ideas and conclusions. (CCSS.ELA-Literacy.9–10.1c)
- Integrate multiple sources of information presented in diverse media or formats (e.g., visually, quantitatively, orally) evaluating the credibility and accuracy of each source. (CCSS.ELA-Literacy.SL.9–10.2)
- Evaluate a speaker’s point of view, reasoning and use of evidence and rhetoric; assessing the stance, premises, links among ideas, word choice, points of emphasis and tone used. (CCSS.ELA-Literacy.SL.11–12.3)