

Girl Scout Brownie Quest

Healthy-Living Family Activity

Dear Girl Scout Brownie Family:

Your Brownie is practicing her leadership skills. An important one is showing that she cares about her family! Sometime before the next session, she will be leading you in a healthy-living activity.

A few healthy-living activities are listed below, but feel free to let the conversation with your Brownie guide you to a new activity! What matters is giving your Brownie a chance to take the lead and show how much she cares about her family. Once she has, help her fill out the Commitment Card at the end of this letter.

Possible Healthy-Living Actions

Find the healthy ideas and recipes in the Brownie Quest book. With your Brownie, pick one for your family.

Try a new healthy drink (for example, water or low-fat milk)

Be active together—walk, bike ride, or play catch or tag or another active game.

If your family already does many of these things, see how creative you can be with coming up with something new.

We look forward to hearing how your Brownie led your family!

Thank you!

Please have your Brownie return this Commitment Card to her next Girl Scout meeting.

COMMITMENT CARD

Brownie's Name

I showed my family I care about their health!

I led my family to be healthier by

Brownie Signature

Date