



St. Elizabeth Healthcare, Citi and the American Heart Association, Go Red For Women, have partnered with the Girl Scouts to educate young girls about their hearts and the importance of keeping them healthy. ***The goal of the Greater Cincinnati Go Red Girl Scout Patch Program is to raise awareness of heart disease and stroke and the risks that it poses for women.*** By emphasizing good heart healthy habits early in life, we hope to help girls begin a lifetime of healthy living and help **SPREAD THE RED.**

To earn your Go Red Girl Scout Patch

Daisies, Brownies, Juniors, Cadettes:

- Complete at least 6 activities, one from each section.

Seniors & Ambassadors:

- Complete at least 6 activities, one from each section.
- In addition, Seniors & Ambassadors must take a CPR training class.

To find a CPR training class:

- Call Denise Maier, Training Site Administrator, AED Brands dba Certified CPR, at 513.315.1411.
- Call the American Heart Association at 800.242.8721.
- Visit www.heart.org – at bottom of page click on CPR & First Aid, then “find a course”.

JOIN US! Go Red Girl Scout Patch Program Interactive Workshop

At least once a year, St. Elizabeth Healthcare, Citi and the American Heart Association will host **a free Go Red Girl Scout Patch Workshop** that will allow Daisies, Brownies, Juniors and Cadettes to earn their patch on one Saturday morning. (Seniors & Ambassadors would need to also take a CPR class to complete their badge).

To find out when the next fun, interactive patch-earning event will be held, call Jenny Hobbs at the American Heart Association 513.842.8868 or email jenny.hobbs@heart.org.

SECTION ONE:



Heart Education Activities



ACTIVITY OPTION 1: *How Your Heart Works*

Learn about your heart! Go to think below for a diagram of the heart. Use the handout to teach your troop about the different parts of the heart.

http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_305688.pdf

**** For older girls: Give them a quiz after reviewing the diagram.**

Use this link to find the diagram of the heart without the label:

http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_305570.pdf

Use this link to find the diagram of the heart with the answers:

http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_305569.pdf

**** You can also have your troop take the Heart Facts Quiz to test their knowledge.**

Use this link to find the Hearts Facts Quiz:

http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_305707.pdf

Use this link to find the Hearts Facts Quiz answers:

<http://oi59.tinypic.com/wiord2.jpg>

ACTIVITY OPTION 2: *Balance it Out!*

Food is fuel for your body, and you can improve how well your body works by feeding it the most nutritious fuel. It is important to think about what you eat and how much you eat.

Review this worksheet with your troop and discuss the food cards so your troop can learn about healthy options:

http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_305557.pdf

ACTIVITY OPTION 3: *What is Cholesterol?*

Review the poster to learn more about cholesterol:

http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_305555.pdf

ACTIVITY OPTION 4: Know the Warning Signs

Educate troop members about the warning signs of a heart attack and stroke. **Illustrate what a woman might feel when she is suffering a heart attack. Describe how the signs might differ for a woman or a man. Here are some resources to help:**

http://www.heart.org/HEARTORG/Conditions/HeartAttack/WarningsSignsofaHeartAttack/Warning-Signs-of-a-Heart-Attack_UCM_002039_Article.jsp

http://www.heart.org/HEARTORG/Conditions/HeartAttack/WarningsSignsofaHeartAttack/Heart-Attack-Symptoms-in-Women_UCM_436448_Article.jsp

https://www.goredforwomen.org/about-heart-disease/symptoms_of_heart_disease_in_women/symptoms-of-a-stroke/

ACTIVITY OPTION 5: Happy Hearts Poem

Review this cute poem with your troop. Discuss what it means to have a Happy Heart!

http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_313117.pdf

ACTIVITY OPTION 6: Learn Hands Only CPR

Watch Hands Only CPR video and practice chest compressions to the beat of “Stayin’ Alive”. Develop a quiz to discuss calling 911 and pushing hard and fast at the center of the chest.

http://www.heart.org/HEARTORG/CPRAndECC/HandsOnlyCPR/Hands-Only-CPR_UCM_440559_SubHomePage.jsp

ACTIVITY OPTION 7: Find Your Heart Quick!

Cut small pieces of paper into heart shapes and write “I love my heart!” on each shape. Make one for each girl. **Ask girls if they know where their hearts are located in their bodies. Have them point to the spot. Most will point to the center of their chests.** Explain that the center is not quite the right location. First, ask girls to point to the center of their chests. Then have them move their fingers about two inches to the left. Give each girl a paper heart. Help girls secure the shapes on their chests with safety pins or tape to mark the spot where their hearts are located. Also, discuss that the heart is the size of their fist.

ACTIVITY OPTION 8: Create Your Own Activity!

Create your own heart education activity and share it on your patch order form.

SECTION TWO:



Nutrition Activities



ACTIVITY OPTION 1: *Eating Healthy*

Making sense of food labels. **Review this handout with your troop to learn more.**

http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_305697.pdf

**** You can also review ingredients and food labels here:**

http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_312373.pdf

ACTIVITY OPTION 2: *Good vs. Bad Foods*

Learn what foods are better for your heart than others. **With your troop, cut out magazine pictures of food. Draw a line on a piece of cardboard to make two columns.** Draw a BIG heart on the top of one column and a little heart on the other column. Tape the heart-healthy foods under the big heart and unhealthy foods under the little heart. Talk about what you learned.

ACTIVITY OPTION 3: *Fruit and Vegetable Taste Test*

Have a taste test of at least five fruits or vegetables that you have never tried before. When you are done, write a grocery list of your favorite foods to buy as snacks the next time you go to the grocery store. Here's a list of some fruits and vegetables to try (these are just to get you started!):

Vegetables

Zucchini

Carrots

Peas

Asparagus

Broccoli

Squash

Cauliflower

Spinach

Fruits

Apples

Cantaloupe

Cherries

Figs

Grapes

Kiwi

Nectarines

Mangos

ACTIVITY OPTION 4: *Cooking Class*

Host a cooking class for mothers and daughters to learn about heart healthy snacks. Make a variety of easy healthy snacks! **Check out the link below for some tasty, healthy recipes:**

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Recipe-Collections_UCM_465115_Collection.jsp?cid=4018

ACTIVITY OPTION 5: *Grocery Store Tour*

Take a field trip to a local grocery store and identify foods with high nutritional value and low nutritional value. Discuss with your troop what you learned.

**** Review these links to learn more about the foods at the grocery that have the American Heart Association Heart-Check Mark. You can also build a heart-healthy grocery list on this web site:**

<https://www.goredforwomen.org/home/live-healthy/choosing-heart-healthy-groceries/>

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HeartSmartShopping/Heart-Check-Mark_UCM_300133_Article.jsp

ACTIVITY OPTION 6: *Did You Ever Mix a Salad? (Song)*

Review this song with your troop and talk about what you can add to a healthy salad.

http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_313116.pdf

ACTIVITY OPTION 7: *Review The Food Groups With Your Troop*

Use the links below to help you review the food groups.

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Suggested-Servings-from-Each-Food-Group_UCM_318186_Article.jsp

http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_313194.pdf

ACTIVITY OPTION 8: *Water is Important*

Whether you sip it or swig it, you need water to survive. All living things do. Water makes up more than half your body weight. Drinking water regularly does more than quench your thirst. It helps nourish your body with nutrients. **Review these 5 ways to add more water to your diet.**

http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_305494.pdf

ACTIVITY OPTION 9: *What is a Snack?*

Show your troop that eating a variety of foods keeps us healthy.

Materials:

“Choose a Heart-Healthy Snack!” Coloring Activity Sheet (link below):

http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_313275.pdf

Distribute “Choose a Heart-Healthy Snack!” activity sheet. Ask girls to identify the foods and ask them what this group of foods might be called. Help them conclude that the foods are snacks. Name each snack and ask girls whether they have ever eaten that snack and whether they liked the snack. Then ask them to name other foods that they eat as snacks at home or at school.

Suggest that the girls make a variety of healthful snacks either at school or at home. As they eat their snacks, discuss what makes the snacks healthful choices. The girls can color their activity sheets for display.
Explain the importance of choosing a healthy snack.

ACTIVITY OPTION 10: *Making Choices Quick Activity*

Bring in several food sections from the newspaper. Display some of the food ads as you discuss with the girls the importance of making wise food choices. Invite girls to tell what they think makes a food a healthy choice. Help them conclude that it is important to eat a variety of different kinds of foods and that some foods should be eaten more than others. Divide the group and ask small groups of girls to study the ads and write a shopping list of foods they would buy to make a healthy meal. Ask girls to calculate the cost of the ingredients of the meal.

ACTIVITY OPTION 11: *Building A Healthy Plate*

Discuss the importance of building a healthy plate and choose an activity from the “My Plate Kids’ Place” website: <http://www.choosemyplate.gov/kids-activity-sheets>

ACTIVITY OPTION 12: *Create Your Own Activity*

Create your own nutrition activity and share it on your patch order form.

SECTION THREE:



Fitness Activities



♥ **ACTIVITY OPTION 1: *Why Should I Exercise?***

Host a discussion about why it's important to exercise. **Make a list of your favorite activities and try one new physical activity like jump roping or hip-hop.** Use this Activity Pyramid worksheet to learn the importance of exercise.

http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_305553.pdf

♥ **ACTIVITY OPTION 2: *How Fit Am I?***

List your physical activities on the *element of fitness* and then rate them. Use this worksheet to help you:

http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_312362.pdf

*** Use this activity log to track your fitness over a week. This can help you figure out if you need more fitness and activity in your daily activities:*

http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_313064.pdf

♥ **ACTIVITY OPTION 3: *Heart Mini Marathon & Walk and HeartChase Northern Kentucky***

Gather your troop members and join the Heart Mini Marathon and Walk in Cincinnati. There is even a Kids Fun Run for the younger troops.

Visit this website for more details: www.HeartMini.org

Create teams for the Newport Heart Chase. Teams of 2-5 people will compete against other teams in a chase through the Newport on the Levee community.

For more information on HeartChase please visit: www.heartchase.org or call Amanda Mills at 513.842.8872.

♥ **ACTIVITY OPTION 4: *Participate In Your School's Jump Rope for Heart Event***

Design your own *Go Red* Girl Scout T-Shirt to show your Girl Scout pride.

http://www.heart.org/HEARTORG/Giving/Forindividuals/JoinanEvent/Jump-Rope-for-Heart-Event_UCM_315609_SubHomePage.jsp or call Tiffany Heath 513.225.6690.

ACTIVITY OPTION 5: *Wii Fit!*

Bring a Wii to your troop meeting and challenge troop members to a friendly competition of boxing or tennis, or try Wii Fit Exercise together.

ACTIVITY OPTION 6: *Sports, Dance and Fun!*

If you are on a sports team, dance or participate in another activity that gets your heart pumping, please write a poem about how you feel when you are active.

ACTIVITY OPTION 7: *Smile for Physical Activity Quick Activity*

Give each girl two heart shapes and a tongue depressor or frozen dessert stick. Have girls draw a happy face on one heart shape and a sad face on the other. Help them use paste or glue to attach both faces to the stick on opposite sides.

As they say the rhyme, children can show the happy or sad face.

When I sit around too much, my heart is sad.

When I move around enough, my heart is glad.

Invite girls to take turns showing the happy face on their puppets and telling about the physical activities that they like to do.

ACTIVITY OPTION 8: *Heart Rate Pulse Count*

Purpose: Getting your heart rate up for a healthy heart.

With exercise, the heart becomes a strong and efficient pump that circulates blood to all parts of the body. Arteries are the blood vessels that have a pulse. The heart beats faster while exercising because the muscles need extra oxygen to keep working. It is important to always begin slowly and end slowly when you exercise. (Sequence example: Walk, stretch, jump rope/jog, walk, stretch). Your heart beats at a different rate when doing various types of physical activity. The more active you are, the faster it beats. Each person should participate in a moderate activity that raises the heart rate for at least 30 minutes each day. By exercising each day, the heart stays in good shape and will work more efficiently.

Girls will discover that their heartbeat or “pulse” rate will increase as a direct result of physical activity. They will also learn that it’s important to exercise the heart every day. Younger students will learn how their heart rate changes with certain types of activities.

Materials: Stethoscope for teacher and/or students or a picture of one to explain how the doctor hears your heartbeat. (Not necessary – can find the artery in the neck and count the number of beats.

Pencils and paper for older students.

Watch or clock with second hand.

Different types of music for different activities. (Slow music for walking, faster music for fast walking or skipping, faster music for more strenuous activities like jumping rope.)

Set Up: Arrange girls so they have room for the physical activity but can see the leader. Introduce the word “pulse” and ask if anyone knows what it means. Explain that your pulse can be felt on certain parts of the body (arteries) like the wrist and neck. Have everyone “check” her pulse. Explain that the doctor uses a stethoscope to listen to a patient’s beating heart. The heartbeat is also referred to as the “PULSE.” Ask: “Have you ever felt changes in your heartbeat? Why do you think your heartbeat changes?” Inform girls that today they will find their pulse after doing different levels of activity. Girls will learn how to count their pulse and figure out their heart rate

Procedure: Ask the girls to check their pulse while being very still. (Older girls count pulse for 10 seconds and multiply the number by 6 to get their resting heart rate, and then write that down on their paper.) Girls who are not able to multiply quickly may use the easier version of counting their pulse for 6 seconds and adding a 0 to the number (ex. 6=60). Play slow music and have the girls to walk quietly in place or around the room. Then have them stop and take their pulse. Older kids count, multiply and write the number down.

ACTIVITY OPTION 9: *Path to a Healthier Heart*

Remind girls that physical activity is good for the heart because, like other muscles, the heart muscle works better when it gets exercise. Ask girls to trace their footprint on a sheet of drawing paper or construction paper. On the footprint, have them write instructions for a simple activity, such as “Do ten jumping jacks.” or “Do five curl-ups.”

Make a path by taping the footprints around the edge of the meeting room or in a gym. Invite girls to exercise their heart muscle and their other muscles by following the path and performing the activities written on the footprints.

ACTIVITY OPTION 10: *Create Your Own*

Create your own fitness activity and share it on your patch order form.

SECTION FOUR:



Non-Smoking Education Activities



♥ **ACTIVITY OPTION 1: *Target Tobacco Game***

To play this game, you need a beanbag and a target.

Using a marker on a sheet of mural paper, draw and label a large target. Place the target on the floor, and let students take turns tossing the beanbag onto the target from a distance of about six feet.

They score points by giving reasons for not using tobacco, naming parts of the body affected by smoking or chewing tobacco, or creating a slogan, depending on the section of the target the bean bag lands on.

♥ **ACTIVITY OPTION 2: *A Bunch of Reasons Not to Smoke Quick Activity***

Ask girls to think of reasons why it is smart not to smoke. List the reasons on the chalkboard as girls name them. Depending on their knowledge level...

1. Smoking makes the heart beat faster
2. It temporarily raises blood pressure
3. It makes the arteries smaller and harder
4. And it makes breathing harder
5. Smoking is messy
6. It makes clothes, hair and breath smell bad
7. It makes a smoker's teeth yellow; it pollutes the air
8. It hurts others who breathe the smoke...secondhand smoke

♥ **ACTIVITY OPTION 3: *Jump Rope Rhymes***

Girls can jump rope and sing rhymes, teaching them about not smoking or being around secondhand smoke. Girls will learn that smoking and secondhand smoke are not good for the heart. If you smoke or are around secondhand smoke, your heart and lungs can be damaged and will not work as efficiently.

No Smoking Rhyme

Please be smart
Says your heart
Smoking is something
You shouldn't start

No Secondhand Smoke Rhyme

We're not joking.
We don't like smoking.
It ruins our air.
That's why we care.
We're not joking.
We don't like smoking.

 **ACTIVITY OPTION 4: *Stay Smoke-Free***

Discuss why smoking and second hand smoke are bad for you. Encourage your friends and family to stay smoke-free and take the smoke-free pledge.

http://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_432807.pdf

 **ACTIVITY OPTION 5: *Discuss some of the Harmful Chemicals Found in a Cigarette***

https://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/LifesSimple7forKids/Hey-Kids-Dont-Smoke-Use-Smokeless-Tobacco-or-Nicotine-Products_UCM_466542_Article.jsp

 **ACTIVITY OPTION 5: *Create Your Own Activity***

Create your own non-smoking educational activity and share it on your patch order form.

SECTION FIVE:



Family Activities



ACTIVITY OPTION 1: *Spread The Red!*

Make a card for a woman in your life telling her you love her and that she should love her heart. Include tips on staying heart-healthy.

ACTIVITY OPTION 2: *Family History*

Learn your family's heart health history by completing the Family Tree.

http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_312386.pdf

More information on family history and heart disease.

<https://www.goredforwomen.org/know-your-risk/find-out-your-risk/family-history-heart-disease/>

ACTIVITY OPTION 3: *Heart Healthy Meals*

Cook a heart healthy meal for your family. For heart healthy recipe ideas, visit

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center_UCM_001188_SubHomePage.jsp

ACTIVITY OPTION 4: *Make a Pledge*

Design a pledge form for your parents, grandparents, aunts, uncles to sign to show their pledge to be heart healthy. Encourage them to visit the link below and get their heart score.

http://www.heart.org/HEARTORG/Conditions/My-Life-Check---Lifes-Simple-7_UCM_471453_Article.jsp

ACTIVITY OPTION 5: *Create Your Own*

Create your own family activity and share it on your patch order form.

SECTION SIX:



Service Activities



ACTIVITY OPTION 1: *Wear Red on National Wear Red Day*

February 5, 2016 is National Wear Red Day. Wear red and promise to eat healthy and exercise. Invite one woman that you love to join you!

ACTIVITY OPTION 2: *Set Health Goals with Those You Love*

Encourage your classmates, friends, family and teachers to stay healthy and love their heart.

ACTIVITY OPTION 3: *Volunteer*

For those troops that are age 14 – 18: To learn more about becoming a teen volunteer at St. Elizabeth Healthcare visit our website at <http://www.stelizabeth.com/volunteerservices/teenvolunteers.aspx> or call 859.212.5375 for the application. You can choose between our summer, school year or high school Internship Program. (All applicants must undergo an interview and orientation process, as well as TB testing).

ACTIVITY OPTION 4: *Singing For Heart Health*

Write a song about heart disease and share it with your troop.

ACTIVITY OPTION 5: *Poetry To Your Heart*

Write a poem about heart disease awareness and share it with your troop.

ACTIVITY OPTION 6: *National Eating Healthy Day*

National Eating Healthy Day is on the first Wednesday in November. Plan to cook a healthy dinner using at least one item from each of 5 food groups. To learn more about this event visit <http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/National-Eating-Healthy-Day-2013> UCM 454414 Article.jsp

 **ACTIVITY OPTION 7: *In Case of an Emergency***

Complete this card so you know how to react when there is an emergency at your house.

http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_305552.pdf

 **ACTIVITY OPTION 8: *Create Your Own***

Create your own service activity and share it on your patch order form.



THANK YOU for participating in the Go Red For Women Girl Scout Patch program.

Once you have completed all necessary activities please fill out this form to receive your patches! *The Go Red Girl Scout Patch is sponsored by St. Elizabeth Healthcare and Citi.*

TROOP #

Troop Leader Name

Address

City

State

Zip

Email

Phone

Number of Girls

Date of Completion

Level: Daisy Brownie Junior Cadette Senior Ambassador

We will mail the patches to the troop leader listed above upon receipt of this form. *There is no charge for the patches.* Please list the activities that you coordinated for your troop.

Troop Leader Signature

Your signature indicates that your troop has completed the necessary activities to earn the Greater Cincinnati Go Red Girl Scout Patch

Please return completed form to:

American Heart Association
 Attn: Jenny Hobbs
 5211 Madison Road, Cincinnati, OH 45227
 or scan form and email jenny.hobbs@heart.org

QUESTIONS? Contact: Jenny Hobbs at jenny.hobbs@heart.org – 513.842.8868