

girl scouts



# WOW!

## Wonders of Water



### With Healthy Habits

*Use your Journey Adult Guide  
with this Energy Balance booklet  
to help Girl Scout Brownies lead  
an active, healthy lifestyle!*



# girl scouts

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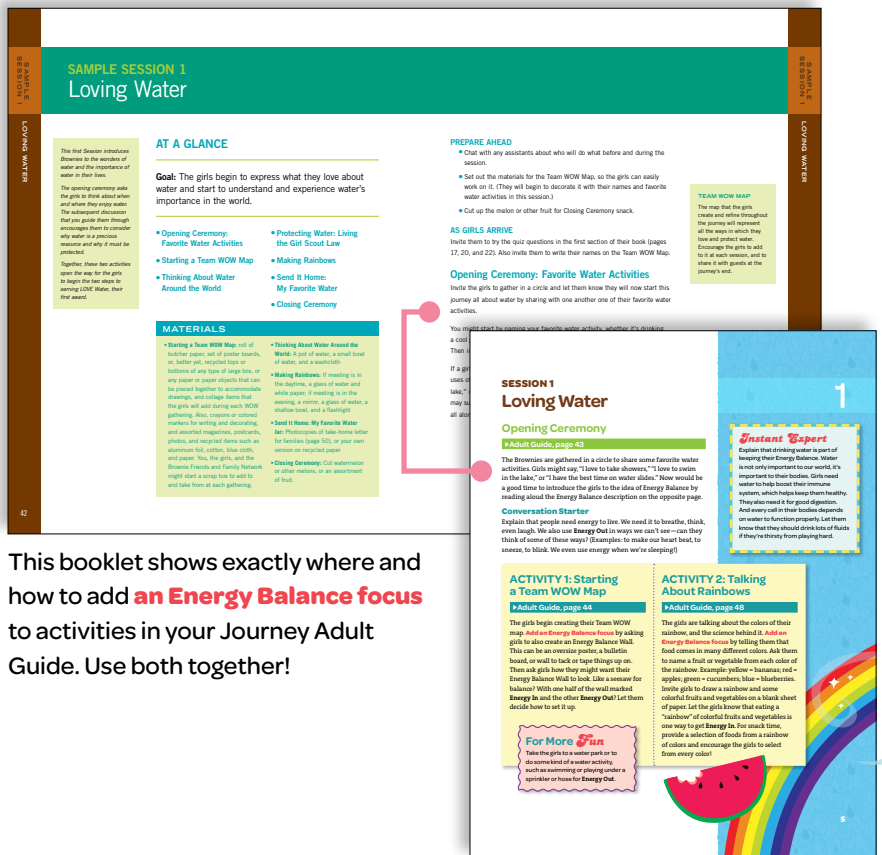
# Dear Volunteer,



Girl Scout Brownies on the *WOW! Wonders of Water Journey* learn to use their leadership skills and values to protect water. With this booklet, you can help them add a special focus on active, healthy living to their Journey through Energy Balance.

Here's how to use this booklet:

- 1 Open your Adult Guide to page 42. This is the first of nine sessions for this Journey.
- 2 Next, turn to page 5 in this booklet. You'll see tips to help you **add an Energy Balance focus** to Session 1. This booklet provides tips for every session in your *WOW! Wonders of Water* Adult Guide.



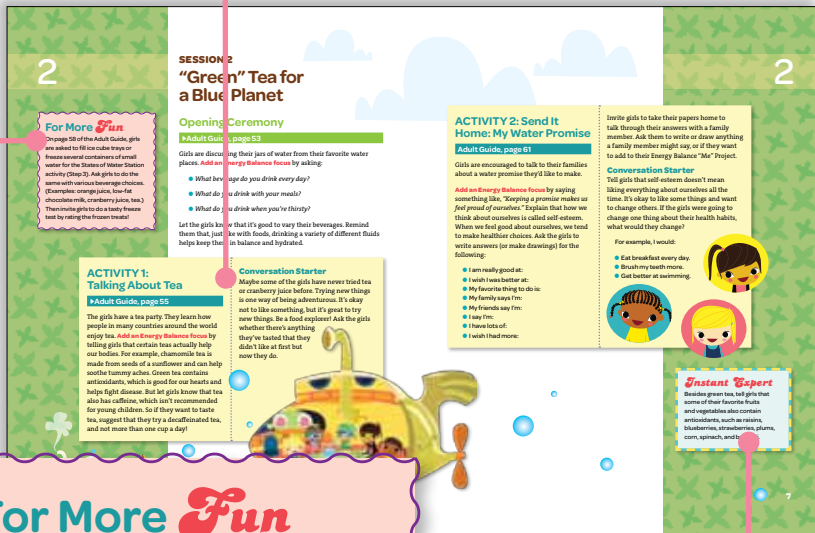
This booklet shows exactly where and how to add **an Energy Balance focus** to activities in your Journey Adult Guide. Use both together!



**3** This booklet also includes special tools—called Conversation Starter, Instant Expert, and For More Fun—to help you guide Brownies on their Journey.

## Conversation Starter

Research shows people learn best when they experience hands-on activities that are followed up with reflection—and young girls are no different! That’s why it’s important to engage girls in the “learning by doing” process. Let girls have fun with the activities and guide them in a discussion once they’ve finished. The Conversation Starter boxes will help you do just that!



## For More Fun

These boxes will give you ideas for extra activities that girls may want to try if they have time and interest.

## Instant Expert

These boxes will give you background information about exercise, nutrition, and physiology to share with girls.

Turn the page and read more about Energy Balance and how this concept can help girls learn to lead healthier, happier lives!

## You May Be Wondering...

If you’ve never done a Journey with an “add on” approach before, you may have a few questions!

**Q** Can I use the Energy Balance booklet on its own?

**A** This booklet is designed to work in tandem with the **WOW! Wonders of Water** Journey. The activities and information are a fun way for you to give girls the added benefit of learning about active, healthy living.

**Q** If girls do the **WOW! Wonders of Water** Journey with this active, healthy living focus, do they still earn the Journey’s leadership awards?

**A** Absolutely! As always, just follow the steps outlined in your Adult Guide to the Journey to help girls earn the Journey’s leadership awards.

**Q** What if we don’t have the time to do all nine sessions of the **WOW! Wonders of Water** Journey?

**A** Like all Girl Scout leadership opportunities, it’s the quality of the girls’ experiences that matters most! Many volunteers find it easiest to follow the Adult Guide and the session outlines exactly as written. However, depending on the girls’ schedules and interests, you can take a longer or shorter amount of time to finish.

WHAT IS

# ENERGY BALANCE?

Energy Out

Energy In

**Energy Balance** is the balance of two things: **Energy In**...the calories you get from eating and drinking. **Energy Out**...the calories you burn from physical activities. These include daily living activities (like getting dressed or cleaning your room), physical activities that take more effort (like climbing stairs or playing sports), and basic body processes (like thinking and sleeping).

- ☀ Human beings need energy to breathe, move, pump blood, and even think. They get this energy from calories provided in foods and beverages. A calorie is a metric unit of energy. Let's say a food or beverage contains 100 calories—that is one way of describing how much energy our body gets from eating or drinking it.
- ☀ The average school-age child needs between 1,600 and 2,500 calories each day. That energy is then used (burned) by daily activities. (Most girls are in this range.)
- ☀ Energy Balance is not about calorie counting. Girls need calories for energy! Not eating enough may make them feel tired or even sick. Girls also need to gain some weight as part of their normal growth and development—but without promoting excess weight gain. That's why it's important to balance daily calorie requirements (**Energy In**) with regular physical activity (**Energy Out**). Girls should aim to be physically active for 60 minutes each day.
- ☀ **Energy In** and **Energy Out** doesn't have to balance exactly every day. The goal is to maintain balance over time—which helps us be healthier.

For more information, you can estimate a recommended daily food plan by age and activity level at: [www.choosemyplate.gov/myplate/index.aspx](http://www.choosemyplate.gov/myplate/index.aspx).

## SESSION 1

# Loving Water

1

## Opening Ceremony

▶Adult Guide, page 43

The Brownies are gathered in a circle to share some favorite water activities. Girls might say, “I love to take showers,” “I love to swim in the lake,” or “I have the best time on water slides.” Now would be a good time to introduce the girls to the idea of Energy Balance by reading aloud the Energy Balance description on the opposite page.

### Conversation Starter

Explain that people need energy to live. We need it to breathe, think, even laugh. We also use energy in ways we can’t see—can they think of some of these ways? (Examples: to make our heart beat, to sneeze, to blink. We even use energy when we’re sleeping!)

### *Instant Expert*

Explain that drinking water is part of keeping their Energy Balance. Water is not only important to our world, it’s important to their bodies. Girls need water to help boost their immune system, which helps keep them healthy. They also need it for good digestion. And every cell in their bodies depends on water to function properly. Let them know that they should drink lots of fluids if they’re thirsty from playing hard.

## ACTIVITY 1: Starting a Team WOW Map

▶Adult Guide, page 44

The girls begin creating their Team WOW map. **Add an Energy Balance focus** by asking girls to also create an Energy Balance Wall. This can be an oversize poster, a bulletin board, or wall to tack or tape things up on. Then ask girls how they might want their Energy Balance Wall to look. Like a seesaw for balance? With one half of the wall marked **Energy In** and the other **Energy Out**? Let them decide how to set it up.

### For More Fun

Take the girls to a water park or to do some kind of a water activity, such as swimming or playing under a sprinkler or hose for **Energy Out**.

## ACTIVITY 2: Talking About Rainbows

▶Adult Guide, page 48

The girls are talking about the colors of their rainbow, and the science behind it. **Add an Energy Balance focus** by telling them that food comes in many different colors. Ask them to name a fruit or vegetable from each color of the rainbow. Example: yellow = bananas; red = apples; green = avocado; blue = blueberries. Invite girls to draw a rainbow and some colorful fruits and vegetables on a blank sheet of paper. Let the girls know that eating a “rainbow” of colorful fruits and vegetables is one way to get **Energy In**. For snack time, provide a selection of foods from a rainbow of colors and encourage the girls to select from every color!



5

# 2

## For More Fun

On page 58 of the Adult Guide, girls are asked to fill ice cube trays or freeze several containers of small water for the States of Water Station activity (Step 3). Ask girls to do the same with various beverage choices. (Examples: orange juice, low-fat chocolate milk, cranberry juice, tea.) Then invite girls to do a tasty freeze test by rating the frozen treats!

## SESSION 2

# “Green” Tea for a Blue Planet

## Opening Ceremony

►Adult Guide, page 53

Girls are discussing their jars of water from their favorite water places. **Add an Energy Balance focus** by asking:

- *What do you drink every day?*
- *What do you drink with your meals?*
- *What do you drink when you're thirsty?*

Let the girls know that it's good to vary their beverages. Remind them that, just like with foods, drinking a variety of different fluids helps keep them in balance and hydrated.

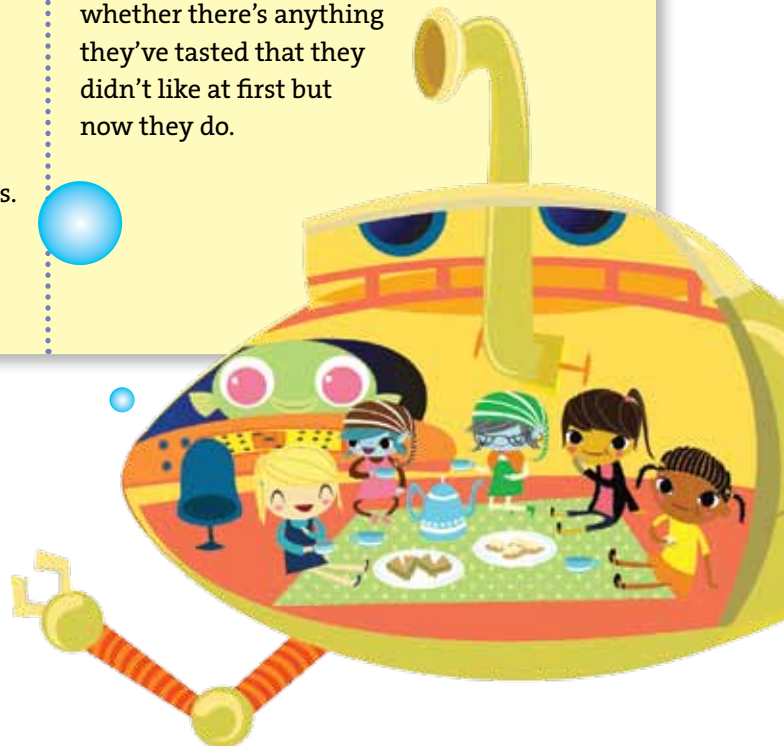
## ACTIVITY 1: Talking About Tea

►Adult Guide, page 55

The girls have a tea party. They learn how people in many countries around the world enjoy tea. **Add an Energy Balance focus** by letting girls know that some herbal teas might actually help our bodies. For example, chamomile tea has been used for centuries to help health problems, like tummy troubles. Green tea and black tea both contain something called “antioxidants,” which are good for our heart and help fight disease.

## Conversation Starter

Maybe some of the girls have never tried tea or cranberry juice before. Trying new things is one way of being adventurous. It's okay not to like something, but it's great to try new things. Be a food explorer! Ask the girls whether there's anything they've tasted that they didn't like at first but now they do.





## ACTIVITY 2: Send It Home: My Water Promise

►Adult Guide, page 61

Girls are encouraged to talk to their families about a water promise they'd like to make.

**Add an Energy Balance focus** by saying something like, *"Keeping a promise makes us feel proud of ourselves."* Explain that how we feel about ourselves is called self-esteem. When we feel good about ourselves, we tend to make healthier choices. Ask the girls to write answers (or make drawings) for the following:

- I am really good at:
- I wish I was better at:
- My favorite thing to do is:
- My family says I'm:
- My friends say I'm:
- I say I'm:
- I have lots of:
- I wish I had more:

Invite girls to take home their papers to talk through their answers with a family member. Ask them to write or draw anything a family member might say or if they want to add to their Energy Balance "Me" Project.

### Conversation Starter

Tell girls that self-esteem doesn't mean liking everything about ourselves all the time. It's okay to like some things and want to change others. If the girls were going to change one thing about their health habits, what would they change?

For example, I would:

- Eat breakfast every day.
- Brush my teeth more.
- Get better at swimming.



### Instant Expert

Besides green tea, tell girls that some of their favorite fruits and vegetables also contain antioxidants, such as raisins, blueberries, strawberries, plums, corn, spinach, and broccoli.

# 3



## SESSION 3 Water for All

### As Girls Arrive

►Adult Guide, page 63

At the beginning of the session, girls are asked to fill in or decorate their water drops with how they've chosen to protect water. **Add an Energy Balance focus** by showing the girls a copy of the colorful new ChooseMyPlate, the Department of Agriculture's replacement for the food pyramid. Explain that eating a variety of foods will protect their bodies, give them the energy to do all the things they want to do, and help them grow up strong and healthy.

### ACTIVITY 1: Team WOW Map

►Adult Guide, page 64

Girls add more water wonders to their Team WOW Map. **Add an Energy Balance focus** by inviting girls to color paper plates using the ChooseMyPlate model. They will create and color four sections: grains, protein, fruits, and vegetables. For dairy, they will cut out a separate circle, around the size of the top of a water glass, and color it blue. They can draw (or paste in pictures from magazines) foods they think go in each of the sections. If they need some prompting, let them know that oatmeal, pasta, and whole wheat bread are grains. Chicken, hamburger, and nuts are protein. Yogurt, cheese, and milk are dairy. Then invite the girls to display their plates on the Energy Balance Wall.

### Conversation Starter

Some people might need more energy than others. For example, athletes eat more (**Energy In**) because they use a lot more energy to train. Energy needs vary from person to person, and also with each person from day to day. Start a discussion by saying something like, "Can you think of times when you might need more energy than you normally do?" (Possible answers: playing in a soccer match, running a race, swimming in the ocean, hiking a steep trail, jumping rope 100 times. Any others?)





## ACTIVITY 2: Gathering Water

►Adult Guide, page 65

Girls learn about the effort and time it takes to find and carry fresh water. **Add an Energy Balance focus** by inviting the girls to divide up into two teams, one on either side of the room. One girl from each team will take a plastic cup filled with water and walk from one side of the room to the other, without spilling a drop. They can even chant as they go, "Careful, careful with each drop!" If they have trouble, encourage them to try something different, like walking faster or slower.

*What did girls need in order to keep the water from spilling as they walked across the room?*

The answer is: balance!

*What did girls do to stay balanced?*

Explain that everyone may have a different way of keeping balanced, and that's okay! Similarly, there are lots of foods to eat, and lots of activities to choose from, to keep their Energy Balance.

### For More *Fun*

Encourage girls to bring in active, healthy lifestyle photos from newspapers and magazines. Better still, have someone take a picture of them doing something to keep their Energy Balance. (Examples: swimming, playing outside, eating.) Let the girls know they can add it to their Energy Balance Wall next time they meet.



# 4

## Instant Expert

Many girls love sweets, and it's important to let Brownies know that there are no "bad" or "good" foods. Tell them all foods can fit into a sensible, balanced diet using moderation. This means not eating too much or too little of one thing. The key is to have a balanced diet from all food groups.

## SESSION 4

# Teaming Up as Advocates to SAVE Water

## Opening Ceremony

▶Adult Guide, page 69

Girls check out examples in their *WOW!* book of women and girls who work to save water. **Add an Energy Balance focus** by asking whether the girls know of any water athletes. For example, a woman who swam across an ocean? Or won a swimming race? Or works as a white-water rapid guide? Or perhaps a deep-sea diver who looks for treasure? Remind girls that these are all **Energy Out** activities.

Girls are strong!



## ACTIVITY 1: Love, Save, Share

▶Adult Guide, page 69

Girls are reading or acting out the "Love, Save, Share" story on pages 72–73. **Add an Energy Balance focus** by asking the girls to act out, charades-style, ways they can:

- *Love their bodies.*
- *Save their bodies.*

For inspiration, suggest that they look at their Energy Balance "Me" Project from Session 2, where they wrote down things they're good at and their favorite things to do. Let them know that one way to love their bodies is to be proud of the things they do well. When we feel good about ourselves, we make smart, healthy choices.

## For More Fun

Suggest that the girls take a group swim lesson. As well as getting their **Energy Out** with practicing their strokes, they can also learn about water safety.

## ACTIVITY 2: Choosing a SAVE Project

▶Adult Guide, page 70

Girls are making lists and deciding on their SAVE Projects. **Add an Energy Balance focus** by asking them to also make an Energy Balance Pledge. Invite them to think about one goal, for example:

- *I will eat foods from all five food groups each day, including a variety of colorful fruits and vegetables.*
- *I will eat breakfast every day.*
- *I will be active for 60 minutes every day, or at least five days a week.*
- *I will do at least one activity a day that makes me out of breath.*
- *I will encourage my family to do activities with me, because it's more fun to do things together!*

## SESSION 5

# Advocates Communicate!

## Opening Ceremony

▶Adult Guide, page 77

The girls are learning about how powerful the global Girl Scout community can be. **Add an Energy Balance focus** about their personal strength and power.

*When do you feel powerful? Where do you get your power? Is it from getting a good night's sleep? Eating a good breakfast? What do you think gives you the fuel to do the things you love to do?*

*Can you think of a food you eat that makes you feel energetic?*

*How about an activity that makes you feel powerful? (Perhaps running, roller-skating, or jumping rope.)*

## For More Fun

Take the girls on a field trip to visit a local farm or grower. It's a great way for girls to experience all they've been learning about: how water is used to grow food, and perhaps see animals at work using their energy. Girls might eat freshly picked strawberries, apples, and garden veggies. Or even see chickens laying eggs or cows being milked.

## ACTIVITY 1: Communicate It!

▶Adult Guide, page 78

Girls are making a list of who to talk to for their SAVE projects. Invite them to take time to think about their Energy Balance Pledge. Ask girls to think about people who might help them fulfill their pledge. Perhaps it's a family member or friend? Or a coach at school? Or an older Girl Scout? Explain that they can get support by using the "Tips for Talking!" on pages 54–55 of their girl book.

## ACTIVITY 2: Closing Ceremony

▶Adult Guide, page 80

Girls are playing charades about animal behavior in water. **Add an Energy Balance focus** by inviting girls to act out any animal using energy. It might be a horse trotting. Or a dog running in circles. Or a cat clawing on a scratch pole. Get girls talking about the different types of energy. There is high energy (such as a horse galloping), moderate or medium energy (a duck waddling along a path), or low energy (a cow feeding in a field). Can they think of human examples of high-, medium-, and low-energy activities?





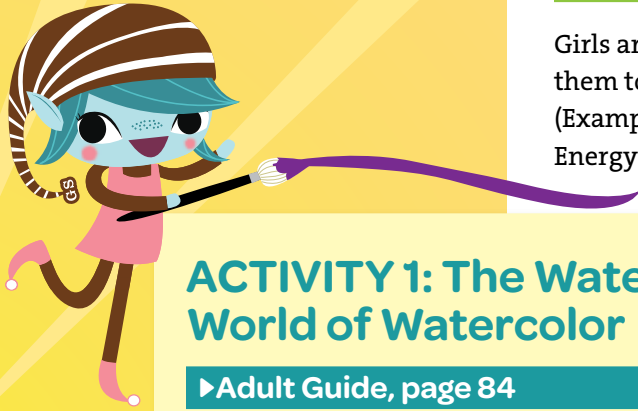
## SESSION 6

# SAVE!

### Opening Ceremony

►Adult Guide, page 84

Girls are talking about the Girl Scouts motto: Be Prepared! Invite them to come up with some mottoes about Energy Balance, too. (Examples: Be Healthy!, Stay Balanced!, **Energy In + Energy Out = Energy Balance!**)



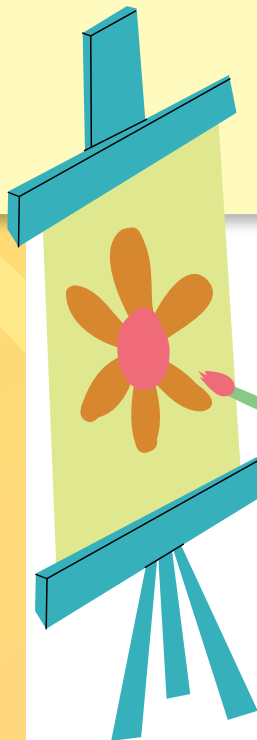
### ACTIVITY 1: The Watery World of Watercolor

►Adult Guide, page 84

Water plays a role in many arts and crafts, including watercolor painting. **Add an Energy Balance focus** by asking girls to paint their favorite place to do water activities: the beach, a lake, a water park, the pool, or a river. Or they can imagine an activity they'd love to do and paint that! Then ask them to paint some of their favorite healthful foods, which give them energy to do the things they love.

#### *Instant Expert*

Calcium, which is found in milk, cheese, and yogurt, is a mineral. Our bodies need it to build strong bones, which help you play and grow. Calcium is also good for your teeth—which you need to chomp on all the foods you're learning about!



### ACTIVITY 2: Closing Ceremony

►Adult Guide, page 85

The girls join hands in a Friendship Circle and talk about how water's journey never ends. **Add an Energy Balance focus** by letting girls know water is an ongoing cycle, and so is energy. The sun fuels the energy for plants, animals, and all living things. Vitamin D is called "the sunshine vitamin" because our bodies make it after we get sunshine. Vitamin D also helps our bodies absorb calcium, which keeps our bones strong. Another reason to get your **Energy Out** outside as much as you can! Invite the girls to come up with an outside activity—one where they'll also get their heart rates up! Have them play outside for 20 minutes or so. Remind them that the sun's light also makes rainbows, which they saw in their first session!



## SESSION 7

# Planning to SHARE

# 7

## Opening Ceremony

▶Adult Guide, page 87

The girls are reflecting on how teamwork has helped them complete their project and accomplish their goals. **Add an Energy Balance focus** by letting girls know activities, such as playing sports or a game, also rely on good teamwork. Other activities make them feel strong and powerful, and feel good about their bodies while they're having fun with friends. Let girls know that doing a variety of activities, like educating others and being physically active, is another kind of Energy Balance!

### *Instant Expert*

Make sure girls understand that Energy Balance is not about counting calories. They need calories for energy and to grow, and not eating enough may make them feel tired or even sick. Remind them that their **Energy In**, from calories, is balanced by **Energy Out**, from activity. This is called Energy Balance.

## ACTIVITY 1: Pass It On

▶Adult Guide, page 88

Girls are reading a story excerpt in which the Brownie Elf says, "We'll always remember what you taught us. We'll pass it on all our lives. **Add an Energy Balance focus** by inviting girls to share an Energy Balance "Pass It On." This is something they learned about Energy Balance and want to share with at least one other person in their lives. It could be a family member, friend, or even another troop member. Encourage them to write down their "Pass It On" message and post it to the Energy Balance Wall.

### **For More Fun**

Invite Brownies to decorate their Energy Balance "Pass It On" message and create a poster, a slogan, or even a song!



## ACTIVITY 2: Closing Ceremony

▶Adult Guide, page 89

The girls are turning their attention toward how to educate and inspire others. **Add an Energy Balance focus** by inviting Brownies to play an Energy Balance quiz show! Divide girls into two teams. Whichever team raises their hand first gets to answer. If they get it wrong, the second team can take a stab at it.

Prepare some Energy Balance questions to read aloud. Sample questions:

- **Name two foods that have calcium.**  
» Answer: cheese, milk, yogurt, or any dairy product.
- **Name two Energy Out activities.**  
» Answer: running, jumping, playing sports, anything active.
- **How do you get Energy In?**  
» Answer: by eating and drinking.
- **What vitamin does the sun provide?**  
» Answer: Vitamin D.



## SESSION 8

# SHARE!

### Opening Ceremony

▶Adult Guide, page 91

Girls are sitting in an inner circle as their guests sit in an outer circle around them. After the girls recite the Girl Scout Law, invite them to introduce their guests to Energy Balance by saying, “**Energy In plus Energy Out equals Energy Balance!**” Ask the girls to explain that **Energy In** means \_\_\_\_\_ (things we eat and drink). And **Energy Out** means \_\_\_\_\_ (activities we do).



### ACTIVITY 1: Educate and Inspire

▶Adult Guide, page 92

Girls are doing a show-and-tell for their guests about the importance of protecting water. **Add an Energy Balance focus** by inviting the girls to explain what’s on their Energy Balance Wall. They might point out their MyPlates and “Pass It On” messages.

#### *Instant Expert*

Most of the food information has been about fruits and vegetables, because they contain a lot of water, and the girls are on a **WOW!** Journey. As part of a healthy, balanced diet, girls also need protein, one of the five food groups. Good sources of protein are beef (hamburgers), poultry (chicken, turkey), fish, eggs, milk, and cheese. But protein is also in nuts and legumes, like beans and lentils. Our bodies also use protein to make something called hemoglobin, the part of red blood cells that brings oxygen all around our bodies.

### ACTIVITY 2: Making a Promise

▶Adult Guide, page 92

The Brownies are passing out water drops to their guests, and asking them to write down their promise for saving water. **Add an Energy Balance focus** by passing out a second drop and inviting the guests to write down their commitment to keeping their energy balanced. If the guests need some hints, girls can give them some ideas! Ask guests to tape their drops all around the Energy Balance Wall while they share with the group what they’ll do to stay healthy. That’s spreading the word! Encouraging others to be healthy is definitely a **WOW!**





# SESSION 9 WOW!

9

## Opening Ceremony

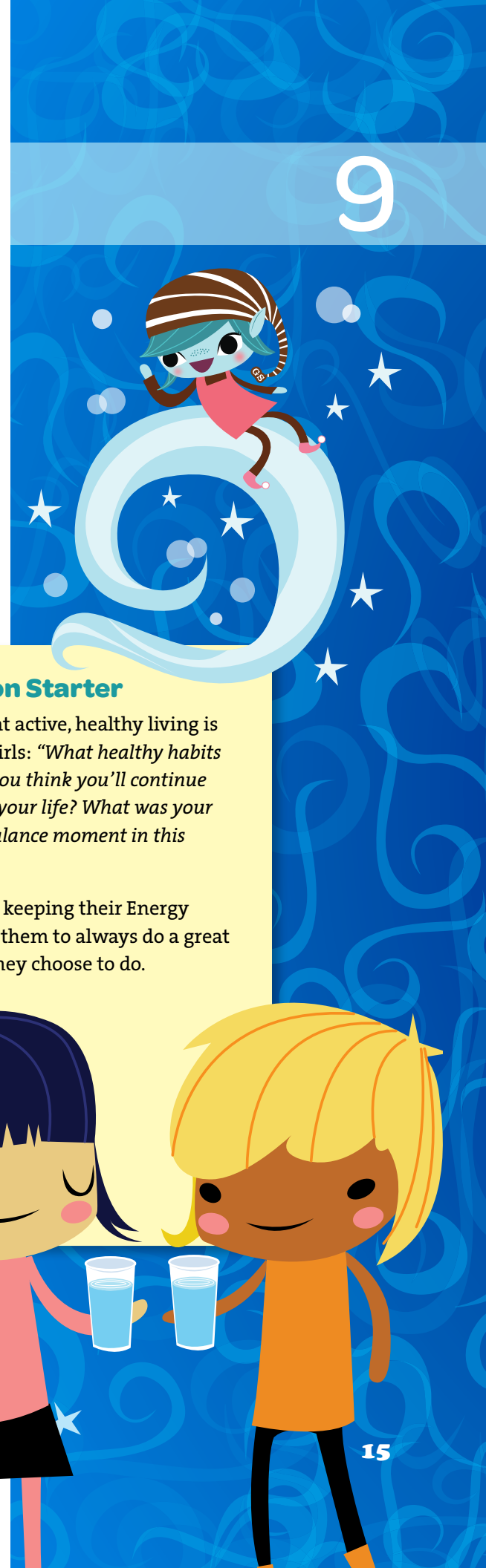
▶Adult Guide, page 95

Girls recite the Girl Scout Promise and Law together. **Add an Energy Balance focus** by asking the girls whether they can think of ways they acted on some of the values of the Law while working on their Energy Balance Pledge or “Pass It On” message.

*Were they courageous and strong?*

*Did they help another Girl Scout?*

*Did they follow through on their plans?*



## ACTIVITIES 1 & 2: Gifts of Leadership

▶Adult Guide, page 95

Girls are talking about leadership and what it means to be a leader. **Add an Energy Balance focus** by inviting girls to imagine being an Energy Balance leader. What would she do to help other girls understand **Energy In** and **Energy Out**? As part of this final celebration, plan to invite two guests who are leaders in the health field and can speak to Energy Balance. Have one talk about **Energy In** (a nutritionist, school or hospital dietician, health educator). And one talk about **Energy Out** (a fitness instructor, camp organizer, physical education teacher). Have each talk briefly about what it's like to encourage and help others to lead an active, healthy lifestyle.

## Conversation Starter

Let girls know that active, healthy living is forever. Ask the girls: “*What healthy habits and practices do you think you’ll continue to do throughout your life? What was your favorite Energy Balance moment in this Journey?*”

Remind girls that keeping their Energy Balance will help them to always do a great job at whatever they choose to do.





In the *WOW! Wonders of Water* Leadership Journey, Brownies learn to use their leadership skills and values to protect water. Add a special focus on active, healthy living through Energy Balance to their Journey by using this booklet right along with your Adult Guide to the Journey.

