



BlueCross
BlueShield
of Arizona

An Independent Licensee of the Blue Cross and Blue Shield Association

ALL ABOUT HEALTHY LIVING BADGE *Requirements*

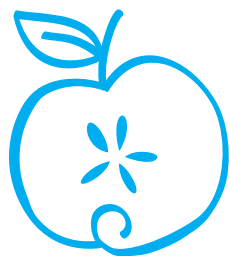


courageconfidencecharacter



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Dear Girl Scouts,

Girl Scouts of Southern Arizona Council is very proud to collaborate with



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to introduce the newest addition to our Council's own badge: **All About Healthy Living!**

The **All About Healthy Living** program invites Arizona girls, in grades K-12 to focus on all aspects of wellness. This comprehensive badge program offers girls appropriate, hands on learning opportunities. It also provides the opportunity to connect with more than 70 local community partners and organizations around the state.

Girl Scouts may earn the new Blue Cross Blue Shield of Arizona **All About Healthy Living** badge and rockers in five areas of wellness – fitness, friends, future, community and health. These five aspects of wellness have been adapted to highlight the major areas that contribute to lifelong wellness, fulfillment and satisfaction. When you take positive steps to foster a higher level of awareness and action in each of these five aspects, you're on your way to optimal health that comes from a balanced lifestyle.

A description of the five aspects of wellness is shown on the following page.





ALL ABOUT HEALTHY LIVING BADGE ROCKERS

ROCKER DEFINITION

FITNESS The ability to maintain a healthy quality of life to allow us to get through our daily activities without undue fatigue or physical stress. The ability to recognize that our behaviors have a significant impact on our wellness and adopting healthful habits, while avoiding destructive habits, will lead to optimal physical wellness.

FRIENDS The ability to relate to and connect with other people in our world. Our ability to establish and maintain positive relationships with family and friends contributes to our social wellness.

COMMUNITY The ability to recognize our own responsibility for the quality of the air, water and the land that surrounds us. The ability to make a positive impact on the quality of our environment, whether in our homes, our communities, or our planet contributes to our environmental wellness.

FUTURE The ability to get personal fulfillment from our jobs or our chosen career fields while still maintaining balance in our lives. Our desire to contribute in our careers to make a positive impact on the organizations we work in and to society as a whole leads to occupational wellness.

HEALTH The ability to take care of ourselves and cope with the challenges life can bring. The ability to make healthy choices and participate in physical activity while acknowledging and sharing emotional feelings in a productive manner to contribute to our general wellness.

All Girl Scouts who complete the **All About Healthy Living** requirements will receive:

- **One All About Healthy Living badge**
- **Rockers for each specific area completed**

Please check the council website for the latest info and updates on the All About Healthy Living program!

NEED MORE INFO?

Contact Coco: chorner@girlscoutsssoaz.org



ALL ABOUT HEALTHY LIVING BADGE ROCKERS



HOW TO EARN THE BADGE

Here's how the badge program works:

- 1 There are several ways that girls can earn the badge and five rockers. Review the earned recognitions matrix that follows for details of these opportunities.

CHOICES DO ALL:

- ☐ Attend one or more council-sponsored or community partner programs/events or arrange an individual visit to any community partner listed. A complete listing of program dates and descriptions of program offerings can be found at girlscoutsssoaz.org/en/events/event-list.html

- AND -

- ☐ Based on your Girl Scout level, *complete the GSUSA level badge/journey or activity* outlined under rocker heading to earn a badge and rocker.

- AND -

- ☐ Additional resources are listed on page 10. Troop adult leadership should *contact institutions directly to arrange a tour or program.*

- 2 Girl Scouts can chart their earned recognition progress by recording the completed activities on the All About Healthy Living program form

- 3 All forms must be submitted to council to receive badges and rockers

- 4 Badges and rockers, not distributed at signature events, will be mailed to adult leadership.



HOW TO EARN THE BADGE



AGE LEVEL REQUIREMENTS

GSUSA Badge/Journey or Activity by Level

ROCKER	GIRL SCOUT DAISY	GIRL SCOUT BROWNIE	GIRL SCOUT JUNIOR
FITNESS	☐ 3 Cheers for Animals ☐ Girl Scout Journey – Exercises to Try with Friends	☐ My Best Self – 2 b, 4c ☐ Dancer – any ☐ Hiker – 5 a, b or c	☐ Practice w/Purpose – 2 a, b or c ☐ Staying Fit – 1 a, b or c
FRIENDS	☐ Vi's Story – Friends Around the World	☐ Making Friends – any	☐ Social Butterfly – any
COMMUNITY	☐ Rosie's Story – A Better Beach for Everyone ☐ Between Earth and Sky Girl Scout Journey – any	☐ My Best Self – 2 b ☐ Wonders of Water Girl Scout Journey – any	☐ Get Moving Girl Scout Journey – any
FUTURE	☐ Money Counts – any -- OR -- ☐ Ask your favorite adult what they do at their job and why it's fun. ☐ Ask if you may visit them at their work place.	☐ Do you have a favorite hobby? Chances are your hobby is someone's job. Ask an adult to help you talk with someone who has a job creating or doing your favorite hobby. Find out why they like their job and how, someday, you might be able to work there, too!	☐ Write down 2-3 activities you do well. ☐ Ask an adult to help you talk with someone who has a job creating or doing the activities on your list. ☐ Find out what you would need to put in place (education) to turn that activity into a career.
HEALTH	☐ Tulas's Story – Standing Up for Darla	☐ My Best Self – 4 b	☐ Staying Fit – 3 a, b or c



AGE LEVEL REQUIREMENTS

ROCKER	GIRL SCOUT CADETTE	GIRL SCOUT SENIOR	GIRL SCOUT AMBASSADOR
FITNESS	☐ Field Day – 2 a, b or c	☐ Women’s Health – 5 a, b or c	☐ Coaching – 3 a, b or c
FRIENDS	☐ Netiquette – any	☐ Mission Sisterhood Girl Scout Journey – any	☐ Dinner Party – 5 c
COMMUNITY	☐ Breathe Girl Scout Journey – any	☐ Sow What GS Journey – any	☐ Water – 3/4/5 a, b or c ☐ Justice Girl Scout Journey - any
FUTURE	☐ Financing My Dreams – 1 a, b, c -- OR -- ☐ Write down 3-4 activities you do well. ☐ Ask an adult to help you talk with someone who has a job creating or doing the activities on your list ☐ Find out what you would need to put in place (education) to turn that activity into a career.	☐ Business Etiquette – 1 a, b or c ☐ Financing My Future – 1 a, b, c -- OR -- ☐ Write down 3-4 activities you do well. ☐ Ask a school administrator or Girl Scout Council if there are opportunities to shadow someone who works in your field(s) of interest. ☐ While working alongside your mentor, find out what you would need to put in place (education, experience) to turn that activity into a career.	☐ On My Own – any -- OR -- ☐ Write down two areas of interest that you do well. ☐ Ask a school administrator or Girl Scout Council for opportunities to shadow someone who works in your field(s) of interest. ☐ While working alongside your mentor, find out what you would need to put in place (education, experience) to pursue that activity as a career. ☐ Search online for any paid volunteer opportunities for teens, which might offer experience in your chosen field.
HEALTH	☐ Eating for Beauty – 3/4 a, b or c	☐ Women’s Health -3a, b or c	☐ Bliss live it! GS Journey - any



COMMUNITY PARTNERS

Council-Sponsored Community Events & Community Partners

All levels can attend these events or arrange an individual visit with our partners:

FITNESS

Thin Mint Sprint - 5K Run
University of Arizona Athletics
El Tour de Tucson
Thunder Mt. Games
Skate Country
F.C. Tucson
AHL Road Runners
Tucson Saguaros
SO. AZ Roadrunner
Playformance
Pima C.C. Athletics

FRIENDS

Songs and Smores
World Thinking Day
Cookie Kick-off
Girl Scout Way-Hockey Day
Family Camp/ She & Me
Breakers Water Park
Apple Annie's
Resident/ Day Camp
Tucson Symphony
The Loft

HEALTH

First Aid Badge Day
Be Safe Saturday
Tucson Village Farm
Whole Foods Tours
Tucson Childrens Museum
TMC The Core

COMMUNITY

Sonoran Naturalist
Family Zoo Day
Open House
Habitat for Humanity
Sonoran Desert Museum
Reid Park Zoo
Sabino Recreation Park
AZ National Parks
Cyclovia
Dia De Los Muertos
Tucson Meet Yourself

FUTURE

Camp Fury
Car Badge
Girls and Women of Distinction
Biosphere II
Highest Award Trainings
Kit Peak Observatory
MT Vista Fire Department
University of Arizona
Flandrau
Pima Air and Space Museum
Davis Monthan AFB





All About Healthy Living All badge requests must meet requirements as listed above and signed off by the adult in charge.

Please submit all troop/group forms together in one envelope to:

Girl Scouts of Southern Arizona
ATTN: All About Healthy Living Program
4300 East Broadway Boulevard
Tucson, Arizona 85711

e-mail	phone (day)	phone (evening)
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**You might also be interested in
these other Learn Local badges:**



Angel Philanthropy



Scout the Vote



Ben's Bells Kindness



Master Maker



Tu Nidito Memory Beads



Healthy Living



Centennial Gold



Mission Military

