

Activity	Description	Program
Opening	Have each girl introduce their Teddy Bear.	
First Aid	<p>Scrapes and cuts You'll need: band aids, gauze and medical tape</p> <p>Have all the girls find a cut and scrape on their teddy. Then talk about how to clean a cut and how to apply a band aid. Have the girls apply a band aid to their bear. Then find a large scrape on their bears leg and talk about how band aids don't always fit. The practice applying gauze around the leg and holding it with tape. Talk about the fact that you need to keep germs away and keep the wound clean.</p> <p>You can extend this activity by giving each child a popsicle stick to use as a tongue depressor. This can be a great way to talk about what a doctor will look at when you go see one. If you have some toy stethoscopes or needles this would also be great to introduce.</p>	Key to Camping-Safety First
Game	<p>Teddy Toss You'll need: Some flat sheets and teddy Bears</p> <p>Have the girls grab the sheet to use like a parachute. Have the girls toss their bears using the sheet...be sure to catch them all! After the girls have some practice you may want to try tossing the bears between the different teams holding sheets.</p>	
Game	<p>Healthy Bear relay You'll need Several healthy items per team that relate to healthy living eg. Toothbrush, pictures of friends, sleeping mask, soap, jump rope....etc.</p> <p>Split the girls into teams and have them line up on one end of the room. On the other end across from each team place several of your items. Then have the girls take turns running to the end and retrieving their items. Once the team has all their items they need to come up with a way that each item helps them have a healthy lifestyle.</p> <p>You want to make sure you cover hygiene, friendships, sleep active living, positive thoughts and health.</p>	Key to Active Living-Zzz- goodnight Smile Girl Germ Busters

Certificate	<p>Teddy Bear Certificate of Health</p> <p>Print off the certificate at the end of this meeting and have the girls fill it and prove their teddy is healthy.</p>	
Songs	<p>Wash, Wash, Wash Your Hands (Tune of Row Row Row Your Boat)</p> <p>Wash, wash, wash your hands. Wash them nice and clean. Wash the top, wash the bottom and fingers in between. (Sing twice through and let them know when they wash their hands that is how long they need to wash.)</p> <p>Bear Chant</p> <p>Bears are IN! Bears are OUT! Grab your bear and give a shout! Give me a B. Give me an E. Give me an A! Give me an R! Give me an S! What do you got? BEARS!!!</p> <p>Teddy Bear Hustle (tune: Twinkle , twinkle)</p> <p>Pick your bear up off the ground. And go dancing all around. Hold him high and hold him low. Twirl him fast and twirl him slow. Round and round and round you'll go. Till night falls to sleep you'll go.</p>	Key to Active Living-Germ Busters
Closing	Be sure to have the bears join in.	

If you have a large unit you may wish to do activities round robin style. You also may choose to have some teddy grahams as a snack...everybody loves a snack!

Note: The week before this meeting you will want to send a note home letting the girls know to bring their teddy the next week.

BROWNIE BEAR HEATH CERTIFICATE

Bear Patient Name:

Brownie Owner Name: _____

Well Bear Tender Loving Care Syndrome (TLC)

Too Much Just Right Not Enough

Ailing Bear Syndrome

Loss of Limb Paw Arm Leg Old Age
 Stuffing Herniation Weakness of Seams Color Loss

RX:

Hug Bear Twice Daily

Bed Rest with Brownie



Checked By:

B.D. (Brownie Bear Doctor)

Date:

