



Brownies choose your own adventure!

Session 4



Feel Good Stage 2 skill builder



Staying healthy is thirsty work. Are you drinking enough, set targets. 2 thirds of your body is made of liquid. It's important to keep topped up.

- Find cup/ beaker, some water, a measuring jug and your water bottle, some tape/sticky labels to add temporary marks to your bottle.
- Think about your drinks during the day, pour water into the cup / beaker for each drink, do you have a drink before breakfast, with breakfast, after breakfast? Pour each amount into the jug to see how much for the whole day.
- If you are age 8 to 10 you should drink a litre and a half every day. Are you drinking enough?
- Add marks on your sticky tape/ label on your water bottle to remind you to drink enough through the day. The mark below the top for 8 am, then below for 9.30 am, then below for 11 am. If your bottle is 500ml you will need to refill the bottle at lunchtime and start again, so add time 2pm, 3.30, 5pm,



Link to programme: [Finding Fluids](#)

Zero waste? (page 90 of brownie badge book, Take Action)

Build your confidence



Just for festive fun! Make a Christmas Sfida

Now we are into December make a fun Christmas themed craft to celebrate the fun you have had with Sfida so far this year.

- Paper Plate, red scrap paper and matching white card
- Paint, coloured paper, or pens/pencils
- Scissors
- Black Marker
- Stapler, glue
- White Cotton wool

Instead of paint or colour, try using tissue paper scrunched up to give Sfida a textured "furry" look!

1. Paint, collage or colour your paper plate in the colour you want to make Sfida
2. Cut a heart shape out of light-coloured card. paper, or colour a light colour to be Sfida's face.
3. Cut out from card or paper a matching colour to your plate or colour some card/paper to match.
4. Make a Santa hat out of red paper. (You can use the templates for ideas if you want)
5. Glue or staple pieces of Sfida together
6. Using a black marker, draw on the eyes, nose, and face. Glue on the cotton wool to line the hat and the bobble on the end.
7. Finish off your Sfida with any other Christmas embellishments you want!

