

The “My Best Self” Brownie Badge for Girl Scouts

Dear Brownie Scout,

This activity will help you get the “My Best Self” badge. We will teach you the importance of “Reading for a Healthy Smile”. You will also learn the importance of taking care of your teeth every morning and night.

To earn the badge, you will need to read 7 chapters from the eBook for Oral Health Literacy©. You will be learning how to take care of your oral health so you will earn the “**My Best Self**” badge.

Unit 1: Get to Know Your Body

In this unit, you will “Get to Know Your Body”.

Let’s start by reading chapter 1 in the eBook for Oral Health Literacy©
Click here to go to Chapter 1:

<https://dlp.lib.miamioh.edu/ebook/04/index.html>

Chapter 1 will help you learn how to set dental hygiene goals for healthy teeth by

- brushing every morning and night,
- buying toothpaste with fluoride,
- flossing regularly, and
- visiting your dentist to ensure a healthy smile.

How did you like the story?

Now, let’s do a fun activity!

An oral health checklist helps you keep track of how often you brush and floss your teeth. Look at the two checklists below for taking care of your teeth.

My Oral Health Literacy: Home Checklist

My Name _____ **Grade** _____ **Return on Friday** _____

Please put an "X" in the box when you complete the actions for health literacy:

Morning Actions		MON	TUE	WED	THU	FRI	SAT	SUN
Brush Teeth?								
Rinse Mouth?								
Anytime Actions		MON	TUE	WED	THU	FRI	SAT	SUN
Floss Teeth?								
Read a Chapter?								
Which Chapter?								
Night Actions		MON	TUE	WED	THU	FRI	SAT	SUN
Brush Teeth?								
Rinse Mouth?								
Parent Signature								

<https://dip.lib.miamioh.edu/ebook/index.html>

MY BRUSHING AND READING CHART

Name: _____ Month: _____

2x2+20

Brush 2 minutes, 2 times a day + Read 20 minutes a day =

SMART CHOICE FOR A HEALTHY SMILE AND BRAIN

Monday

X X X

Instructions:
Brush 2 minutes, 2 times a day and read for 20 minutes a day. After brushing and reading, cross off that day's tooth and book icons to finish your day!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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DELTA DENTAL

To earn the badge, you will need to make an oral health checklist too! Make it personalized to yourself. Decorate your checklist the way you like so you will want to use it every day. You should have a section for

- brushing your teeth twice a day,
- flossing your teeth,
- rinsing your teeth, and
- reading the chapter from the eBook.

Now hang up your checklist near your bathroom and bedroom for your family to see. Posting it will help you remember to check off the list every morning and night!

Use the checklist to practice good dental hygiene and do it every day!

Unit 2: Eat and Play in a Healthy Way

In this unit, you will “Eat and Play in a Healthy Bag”.

Let’s now read chapters 5 and 6 in the eBook for Oral Health Literacy©

Click here to go to Chapter 5:

<https://dlp.lib.miamioh.edu/ebook/07/index.html>

Click here to go to Chapter 6:

<https://dlp.lib.miamioh.edu/ebook/03/index.html>

Chapter 5 will help you learn how to set food goals for healthy teeth by

- eating foods rich in calcium and fiber,
- brushing your teeth after snacks and meals,
- visiting with your dentist every 6 months,
- buying floss and toothpaste at the grocery store, and
- following healthy role models from your parents at home.

Chapter 6 will help you learn how to make decisions to keep your teeth healthy and strong by

- eating healthy snacks, and
- drinking healthy beverages with your friends at school, and
- drinking healthy beverages with your family at home.

Did you enjoy the chapters?

How about a fun challenge?

To earn the badge, you will need to follow the challenge in the Brownie Handbook too! Try to go a whole week without drinking any sugar sweetened beverages. Instead, you need to drink water because water is so much better for your teeth! Have someone do the Brownie challenge with you this week, so it will make it easier to do.



Designed by Arianna Mack, 2020

Unit 3: Find Out How Your Body Works

In this unit, you will “Find Out How Your Body Works”.

Let’s read chapters 2 and 3 in the eBook for Oral Health Literacy©

Click here to go to Chapter 2:

<https://dlp.lib.miamioh.edu/ebook/06/index.html>

Click here to go to Chapter 3:

<https://dlp.lib.miamioh.edu/ebook/05/index.html>

Chapter 2 will help you learn how to

- make decisions for brushing your teeth, tongue, and gums every morning and night while singing songs for 2 minutes to ensure a proper cleaning.

Chapter 3 will help you learn how to take action for oral health by

- making decisions to brush your teeth,
- eat healthy fruits and vegetables,
- floss away leftover food to prevent plaque buildup on your teeth,
- buying oral health products with your parents at the grocery store, &
- practicing oral hygiene habits with your family at home.

Did you learn something new from those two chapters?

Now let's think of some fun songs we can sing while we brush our teeth. Brushing your teeth for two minutes is very important, so here are some examples of Girl Scout songs you could sing! You can add more verses to the Baby Bumble Bee song, because there are so many different versions.

BABY BUMBLE BEE

I'm bringing home a baby bumble bee!
Won't my mommy be so proud of me, I'm bringing home a baby bumble bee!
OOO-EEE he stung me!

I'm squishin' up my baby bumble bee!
Won't my mommy be so proud of me, I'm squishin' up my baby bumble bee!
GROSS!

I'm cleanin' up my baby bumble bee!
Won't my mommy be so proud of me, I'm cleanin' up
My baby bumble bee!
AHH much better!

BLACK SOCKS

Black socks, they never get dirty,
The longer you wear them,
The blacker they get,
Sometimes I think about washing them,
But something keeps telling me "Don't do it yet!"
Not yet, not yet, not yet, not yet
(Repeat)

Black socks, they never get dirty,
The longer you wear them,
The blacker they get,
Sometimes I think about washing them,
But something keeps telling me "Fine, I'll do it!"

Unit 4: Know What to Do If Something Bugs You

In this unit, you will “Know What to do if Something Bugs You”.

Let’s read chapter 12 next in the eBook for Oral Health Literacy©

Click here to go to Chapter 12:

<https://dlp.lib.miamioh.edu/ebook/17/index.html>

Chapter 12 will help you learn

- how to communicate with your words and actions, and
- how to take medicine given to you from a trusted adult such as your dentist, doctor, and parents.

Did you learn something new in the story?

Both of these activities are easy and fun to do, so you should try both!

To earn the badge, you will need to add a feelings section to your checklist that you made for Unit 1. Use your checklist every morning and night to say how you and your teeth are feeling! You can use smiley faces or frowning faces or use a different symbol that means something to you.

The next activity will help you to make a representation of your very own set of teeth!

You will need:

- A piece of cardboard
- Dried pinto beans
- Glue
- Expo markers
- Toothbrush

Place the pinto beans on the piece of cardboard that represents your teeth. Glue your pretend teeth onto the cardboard so they will not move.

Go ahead and draw yourself around the teeth to make it seem more like you! Next use the expo markers to draw stains on your teeth.

Use different colors to represent different things like cavities or food stuck in your teeth. You can use a toothbrush to scrub off some of the marks that you made!

An example is shown below for help!



Unit 5: Meet a Health Helper

In this unit, you will “Meet a Health Helper”.

Let’s read chapter 15 in the eBook for Oral Health Literacy©

Click here to go to Chapter 15:

<https://dlp.lib.miamioh.edu/ebook/13/index.html>

Chapter 15 will help you learn how to

- set a goal to go to your dentist for a 6-month check up on your mouth, teeth, and gums, and
- brush daily for fresh breath and clean teeth.

Did you learn something about how to talk to your dentist?

Let’s try it!

To earn the badge, you will need to talk to a dentist or another oral health helper. Make sure you ask what you can do to keep your teeth happy and healthy. Remember to visit your dentist every 6 months for an important dental check up!

Thank you so much for taking the time to complete the “My Self Badge” activities. You have learned how to take care of your teeth, mouth, and gums and the importance of going to the dentist. You have now earned this Brownie badge!

Information for Troop Leaders and Parents

This packet will help Girl Scouts get the “My Best Self” badge and teach them the importance of oral health literacy. Health literacy is the ability to read, write, and speak about your health!

There are 5 different chapters to read from the eBook for Oral Health Literacy to help scouts gain the skills they need to take care of their oral health and gain the “My Best Self” badge. Talk with your scouts about how to set goals and understand that everyone has different ones.

1. Get to Know Your Body

Help your Girl Scout read chapter 1 in the eBook for Oral Health Literacy. This chapter will help them learn how to set dental hygiene goals for healthy teeth by brushing every morning and night, buying toothpaste with fluoride, flossing regularly, and visiting their dentist to ensure a healthy smile¹.

The Girl Scouts are asked to create a checklist to help them keep track of brushing, flossing, and reading. Have them be creative and decorate a checklist that they will like and use every day. The chart should have a section for brushing, flossing, rinsing, and chapter reading. If you want to be able to check up on their progress every night, add a section for you or the parents to sign so that you are more involved.

2. Eat and Play in a Healthy Way

Help your Girl Scout read chapters 5 and 6 in the eBook for Oral Health Literacy. These chapters will help your Girl Scout learn how to set food goals for healthy teeth by eating foods rich in calcium and fiber, brushing after snacks and meals, and visiting with your dentist every 6 months. Other oral health goals include buying floss and toothpaste at the grocery store and following healthy role models at home¹.

Your Girl Scout will also learn how to make decisions to keep their teeth healthy and strong by eating healthy snacks and drinking healthy beverages with friends and family at home¹.

Help your Girl Scout to drink water instead of sugar sweetened beverages for a week. By doing this activity with them, you will help your Girl Scout complete the whole week, especially with positive reinforcement from you. More water will help scouts keep their energy levels up, and water is also good for their teeth!

3. Find Out How your Body Works

Help your Girl Scout read chapters 2 and 3 in the eBook for Oral Health Literacy. These chapters will help them learn how to make decisions for brushing their teeth, tongue, and gums every morning and night while singing songs for 2 minutes to ensure a proper cleaning. They will also learn how to take action for oral health by making decisions to brush their teeth, eat healthy fruits and vegetables, and floss away leftover food to prevent plaque buildup on their teeth. Other healthy decisions include buying oral health products at the grocery store and practicing oral hygiene habits with your family at home¹.

There are many Girl Scout songs that can be used to brush your teeth for a certain length of time. Learn some songs with your Girl Scout or let her teach you some! Some songs might be Baby Bumblebee or Baby Shark. It is not only fun, but singing is good for their teeth too!

4. Know What to Do If Something Bugs You

Help your Girl Scout read chapter 12 in the eBook for Oral Health Literacy. This chapter will help them learn how to communicate with their words and actions, how to take medicine given to them from trusted adults such as their dentist, doctor, and parents¹.

Have your Girl Scout add a feelings section to their checklist! They should write down twice a day how they are feeling. This is a great way to know if something is bugging them. You can also check this when or if you sign their checklist.

Another great activity you can help them with is to use dried pinto beans to represent teeth. Get a piece of cardboard, markers, glue, and dried pinto beans. Help them glue the pinto beans on the cardboard so it looks like their teeth. They can draw themselves around the pinto beans too! Use the markers to make marks on the pinto bean teeth that can represent cavities, food, or other teeth problems. Be sure to ask your Girl Scouts how they are going to take care of their teeth to avoid real teeth problems. Also talk about how many times a day to brush their teeth, floss their teeth, and the importance of visiting their dentist every six months.

5. Meet a Health Helper

Help your Girl Scout read chapter 15 in the eBook for Oral Health Literacy. This chapter will help them learn how to set a goal to go to the dentist for a 6-month check up on your mouth, teeth, and gums. Other healthy goals include brushing daily for fresh breath and clean teeth¹.

Take your Girl Scout to the dentist every 6 months to get a check up on their teeth, mouth, and gums. Help them to talk to their dentist about how they can stay healthy and live longer by taking care of their oral health. If they see you going to the dentist regularly and talking to the dentist, they will also be more likely to do it too.

¹The narratives in these specific paragraphs are copyrighted content from the eBook for Oral Health Literacy©, including lists of information in the actual badge alignment for the Girl Scouts. Access to the eBook for Oral Health Literacy© is found here:
<https://dlp.lib.miamioh.edu/ebook/index.html>

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