

BROWNIE RESOURCE LIST



Below are links to pages on the CDC's website that can be used with the *Tri-Its for Brownie Girl Scouts* book. The descriptions below are taken directly from that book.

CAREERS: WOMEN PIONEERS

Find out about famous women inventors and explorers. What were some of the things they did? Can you find women who were pioneers in other fields? Share what you learn with your troop or group.

Women Inspiring Hope and Possibility in Health
<http://www.cdc.gov/women/owh/wominspire/>

DANCERCIZE

Dancing is a great way to exercise. Tap your feet, kick your heels, and spin around while you combine dance and exercise.

Making Physical Activity a Part of a Child's Life
<http://www.cdc.gov/physicalactivity/everyone/getactive/children.html>

How Much Physical Activity Do Children Need?
<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.htm>

EAT RIGHT, STAY HEALTHY

What you eat affects your health. Learn more about good food.

Get Smart with Fruits and Veggies
<http://www.cdc.gov/Features/FruitsAndVeggies/>

GIRL SPORTS

To play sports, it is important to learn the basics. Start by learning how to throw, catch, kick, volley, and strike.

Swim Healthy, Swim Safely
http://www.cdc.gov/migrated_content/general_information/healthyswimming/safeswimming.html

BAM: Play It Safe

http://www.bam.gov/sub_yoursafety/yoursafety_playitsafe.html

Traumatic Brain Injury

<http://www.cdc.gov/ncipc/tbi/TBI.htm>

HEALTHY HABITS

Exercise, rest, sleep, regular check-ups, and cleanliness are all important to your health. Try the following activities to learn more about healthy living.

BAM! Body and Mind
<http://www.bam.gov>

Brush Up on Healthy Teeth
<http://www.cdc.gov/oralhealth/publications/factsheets/brushup.htm>

Calcium and Bone Health
<http://www.cdc.gov/nutrition/everyone/basics/vitamins/calcium.html>

Clean Hands Save Lives
<http://www.cdc.gov/cleanhands>

Express Your Health™: Fun Pages for Kids
<http://www.cdc.gov/family/kidexpress>

Healthy Living
<http://www.cdc.gov/HealthyLiving/>

Youth Tobacco Prevention
<http://www.cdc.gov/tobacco/youth/index.htm>

MAKE IT, EAT IT

While the most important reason to eat is because you need energy, food can also be a lot of fun to grow, prepare, and especially to eat.

Fight BAC! Keep Food Safe from Bacteria
<http://www.fightbac.org/consumers.cfm?section=3>

Foodborne Illness: Frequently Asked Questions
http://www.cdc.gov/ncidod/dbmd/diseaseinfo/foodborneinfections_g.htm

Nutrition Topics
<http://www.cdc.gov/nccdphp/dnpsa/nutrition.htm>

SAFETY SENSE

Every Girl Scout knows the motto “Be Prepared.” Learn more about safety.

Emergency Preparedness and You
<http://emergency.cdc.gov/preparedness/>

Fire Deaths and Injuries: Prevention Tips
<http://www.cdc.gov/ncipc/factsheets/fireprevention.htm>

Injuries among Children and Adolescents
<http://www.cdc.gov/ncipc/factsheets/children.htm>

Kids Walk to School
<http://www.cdc.gov/nccdphp/dnpsa/kidswalk/index.htm>

SPORTS AND GAMES

Sports and games are a great way to give your body exercise, to make friends, and to learn how to work with other girls and have fun.

BAM: Play It Safe
http://www.bam.gov/sub_yoursafety/yoursafety_playitsafe.html

Healthy Swimming
<http://www.cdc.gov/healthyswimming>

Traumatic Brain Injury
<http://www.cdc.gov/ncipc/tbi/TBI.htm>

ALL IN THE FAMILY

Your family is made up of the people you live with, learn from, have fun with, help, and love. And they help and love you, too.

Family Health
<http://www.cdc.gov/family>

Family History: Resources and Tools
<http://www.cdc.gov/genomics/public/famhist.htm>

Family Reunion/Health and Safety Tips
<http://www.cdc.gov/family/reunions>

TRAVEL RIGHT

Perhaps you're going to the park or beach with your family. Or you're planning an overnight at a friend's. Maybe your Girl Scout troop or group is going camping. It's going to be a lot of fun!

Camping Health and Safety Tips & Packing Checklist
<http://www.cdc.gov/family/camping/>

Travelers' Health
<http://www.cdc.gov/travel/>

ANIMALS

Some animals, like cats and dogs, live with us as pets. Other animals, like moose and bears, live in the wild. Explore the world of animals.

Healthy Pets, Healthy People
<http://www.cdc.gov/healthypets/>

FOR MORE INFORMATION, VISIT:

www.cdc.gov/women

Centers for Disease Control and Prevention

Office of Women's Health

(phone) 404-498-2300 • (email) owh@cdc.gov