

Badge Blueprints

Body Appreciation Badge

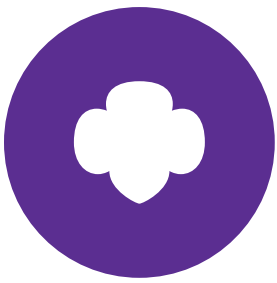
Junior-Ambassador | Grades 4-12

Earning badges is a great way for Girl Scouts to explore their interests and learn new skills. Badge Blueprints takes volunteers and Girl Scouts step-by-step through all the requirements to earn the badge. This resource covers badges for Girl Scout Juniors through Ambassadors.

Each month, the Emerson Resource Center will offer a new lineup of Badge Blueprints. For this month, check out these badges centered around Body Appreciation! After completing all required steps, make sure to check out the Girl Scouts of Eastern Missouri Shop to purchase the grade-level specific Body Appreciation Badge.

Note to Adult: This Badge Blueprint is intended for use by the Girl Scout adult leading the activity. The tone and information provided helps the adult speak to the Girl Scouts who are participating in this Badge Blueprint.





Uniquely Us

Junior | Grades 4-5

Purpose: This badge will help me understand how everyone is unique—and celebrate what makes each of us special.

Step 1: Celebrate Unique Talents

Everyone has physical quirks or skills that make them one-of-a-kind, like writing with their non-dominant hand, jumping rope backwards, wiggling their ears, or doing something totally silly and fun. Host a **Unique Talent Show** where each troop member shares their special skill. Make it playful and positive, and give every participant a fun award that highlights the awesome part of their unique ability.

Step 2: Create a Compliment Book

Start a **compliment book**—or use a special section of a notebook as your “Compliment Chapter.” Invite each member of your troop to write a message to you about why they think you are great. They might celebrate:

- Your smile
- Your enthusiasm for your favorite activities
- How beautifully you write in cursive
- Your love for the outdoors
- Your kindness and energy

Keep your book and read it any time you want a reminder of the wonderful qualities that make you **YOU**.

Step 3: Design Your Superhero Identity

Think about the actions, traits, or behaviors that make you unique—maybe you’re known for:

- Making people laugh
- Listening carefully without interrupting
- Being the first to sit beside a friend who needs a moment

Use these strengths to create your own **Superhero Identity**. Include:

A Superhero Name A Motto A Signature Pose A Special Move

Share your superhero with your troop or friends!

Step 4: Practice Speaking Up for Yourself

Knowing how to speak up when something feels wrong or makes you uncomfortable is a powerful skill. Role-play situations where you need to respond **nicely**, **firmly**, and **clearly** to set your boundaries. If you’re practicing with friends, listen to their examples too. Learn from each other’s responses and encourage one another to use your voices confidently.

Step 5: Make an “All About Me” Collage

Gather magazine clippings, photos, drawings, and words that represent who you are and what you love. Create a personalized **“All About Me” collage** that celebrates your unique interests, personality, and style. Invite a few friends to make their own collages too, then hold a **collage gallery** to share and celebrate everyone’s individuality.

Companion Piece

Want a special place to keep all your notes and ideas from this badge? Visit the Girl Scout Shop to find *Girl Scouts: The Ultimate Friendship Book*. There’s also a coordinating patch you can wear on the back of your vest or sash.



Outside the Mirror

Cadette | Grades 6-8

Purpose: I will learn how to present my true self and appreciate who I am—and who I want to become—without conforming to media-driven standards of beauty.

Step 1: Explore Beauty Standards of the Past

Plan a visit to a museum such as the **Missouri History Museum**, mohistory.org/museum, to explore exhibits about life during the **1904 World's Fair**. If you cannot visit in person, explore online resources about life in the early 1900s. Look for examples of:

- Styles and fashion
- What people considered beautiful
- How individuals presented themselves

Compare these historical beauty standards to those promoted today.

Step 2: Talk With a Beauty or Wellness Entrepreneur

Interview an entrepreneur who runs a beauty, wellness, or body-positive business—especially one that focuses on celebrating the authentic YOU. After the interview, create a small **marketing campaign** that promotes the company and its services. Use this activity to reflect on what aspects of beauty, identity, and self-expression truly resonates with you.

Step 3: Learn How Cultures Define Beauty

Beauty looks different around the world. Invite speakers from different cultures to talk with you and your troop about:

- What is considered beautiful in their culture
- Why those traits or expressions are valued
- How cultural beauty standards evolve over time

Discuss what you learned and how beauty is not one single idea—it's shaped by many perspectives and traditions.

Step 4: Host an “Outrageous Makeover” Day

With your troop, hold a fun makeover activity. Divide into two groups:

- The **“outrageous” makeover team**, who will create bold, exaggerated looks
- The **audience team**, who will observe and compare

Take **before** photos in your natural state, then **after** photos once the makeover is complete. As a group, discuss:

- How different the before and after photos look
- How media uses transformations like these
- How such portrayals can shape unrealistic expectations about beauty

Step 5: Decode Hidden Beauty Messages in Advertising

Beauty messages are often subtle—or even hidden. Learn about how ads influence the way people think they should look. Then:

- Choose an advertisement to analyze
- Paste it onto a poster board or digital slide
- Explain the beauty messages you notice
- Write one sentence that sums up the ad's message about beauty

Share your display with your troop and discuss how it affects how people see themselves.





Mind, Body, Me

Senior | Grades 9-10

Purpose: This badge will help me understand how my mind and body work together to support my overall wellbeing.

Step 1: Energize Your Body, Lift Your Mood

Moving your body vigorously releases “feel-good” chemicals that support mental and emotional wellbeing. Choose an activity you enjoy—such as dancing, running, swimming, pickleball, or biking—and do it for **20-30 minutes**. Afterward, write a journal about:

- What activity you chose
- How your body felt afterward
- Any changes in your mood or thoughts

Continue tracking how movement affects you.

Step 2: Create a Daily Wellness Break

Wellness is built through small habits. Choose a few **wellness boosters** such as, stretching, journaling, walking outside, deep breathing, or drinking water mindfully. Do one or more of these boosters **several times a day for at least a week**. At the end of the week, reflect on:

- How you feel physically
- Any emotional or mental changes
- What wellness boosters you want to keep using

Step 3: Spend Time Outdoors

Being outside offers real benefits—the fresh air, sunlight, natural sounds like birds and rustling leaves, and simply unplugging from daily stress all support wellbeing. Plan to take outdoor breaks regularly. Research the benefits of nature time, such as reduced stress and improved focus, and note:

- What you did outdoors
- How it made you feel
- Any shifts in your mood or energy

Step 4: Practice Mindfulness Through Movement

Mindfulness means noticing what your mind and body are doing in the present moment. Try a mindful movement activity such as, **Yoga, Tai Chi** or **Qigong**. Learn a bit about the practice you choose, then try a session. When you're done, reflect on:

- What the experience was like
- How your body felt
- Whether you felt more calm, focused, or aware
- If your mindfulness skills improved

Step 5: Understand Stress and How to Manage It

Stress affects both your body and your mind. Invite an expert—such as a health professional—to speak to your troop about:

- What stress is
- How the body reacts to stress
- Healthy coping strategies

From what you learn, create a list of **five stress-relief activities** you want to which ones worked best for you and why.

Companion Piece

The Girl Scout Mental Wellness Patch Program—Resilient, Ready, Strong is a great companion to this body appreciation badge.

For more information about this patch program, visit girlscouts.org/wellness. You can purchase the corresponding patch at the Girl Scout Shop.



Cheers for Every Body

Ambassador | Grades 11-12

Purpose: This badge will strengthen my self-confidence and understand how I present myself, communicate boundaries, and value my unique identity.

Step 1: Discover Confidence Through Clothing

Review your wardrobe and select two or three outfits that you associate with positive experiences. For each outfit, reflect on:

- Why did you choose this outfit for that event?
- Where did you wear it?
- How did you feel while wearing it?
- How did this outfit help you express who you are?

Record your reflections in a journal. Look for patterns in what helps you feel confident and authentic.

Step 2: Power of Posture and Presence

Research how posture and body language affect confidence and leadership presence. Select **three confident poses** (for example: standing tall, seated posture, or open stance). Hold each post for two minutes. While practicing, notice:

- Your physical comfort
- Your emotional response
- Any changes in confidence level

Journal your observations and reflect on how posture influences leadership presence.

Step 3: Practice Healthy Boundaries

Strong leaders understand and communicate their personal boundaries. Identify situations where your boundaries may be challenged, such as a friend who hugs without asking or who stands too close. Practice respectful ways to communicate your needs. If helpful, work with a trusted adult mentor to role-play these conversations and receive feedback.

Step 4: Self-Talk, Communication, and Public Image

Confidence is influenced by how you speak about yourself and how others perceive you. Choose a meaningful experience and prepare a brief personal reflection that includes what happened, how you responded, what you learned, and how it shaped your confidence. Present this reflection to a trusted adult, mentor, or counselor. Ask for feedback on **clarity**, **tone**, and **leadership presence**. Discuss strategies for presenting yourself with confidence and authenticity.

Step 5: Confidence Celebration: Leadership Photoshoot

Celebrate your growth through a confidence-focused photo session. Select outfits and meaningful props that represent your **interests**, **goals**, and **leadership identity**. Arrange a simple photoshoot. Afterward, choose photos that reflect your confidence and write a leadership-style caption for each image.

Sample Caption: Olivia is a committed student, athlete, and community service leader. As Class President, she organized an information session about Doctors Without Borders to educate her peers. Pictured here in her leadership attire, Olivia demonstrates confidence, commitment, and service.

Reflection

To complete this activity, write a final reflection addressing:

- How has your view of yourself changed?
- What new skills did you develop?
- How will you apply this confidence in leadership roles?

Share your reflection with your troop leader or mentor.

How to Get Your Girl Scout Badge

When you finish the steps to earn a badge, it's time to celebrate your hard work by getting the badge for your uniform! There are two easy ways to get your badge:

1. Stop by the Girl Scout Shop

Visit the Girl Scout Shop at **2300 Ball Dr., St. Louis 63146**. You'll find badges, uniforms, fun Girl Scout gear, and more!

2. Shop Online

Go to girlscoutsem.org and click the **Shop** button at the top of the page. You'll see links to the Shop hours, location, and **email orders** (includes instructions for placing an online order through the GSEM Shop).

Tip for Leaders and Families: You can purchase badges individually, or leaders can place a troop order to celebrate all the Girl Scouts at once.



Uniquely Us Badge



Outside the Mirror Badge



Mind, Body, Me Badge



Cheers for Every Body Badge



Emerson Resource Center

The Emerson Resource Center (ERC), located in the Girl Scout Service Center, is dedicated to supporting volunteers and leaders, offering a variety of resources from outdoor equipment to program essentials and everything in between. The ERC is a lending library with items available to borrow such as books, kits, equipment for ceremonies, songs on CD, badge activity kits, and programs-in-a-box.

For more information on the ERC or assistance with resources, contact Kathy Dabrowski, Senior Manager, Archives and Special Collections, at 314.592.2324 or kdabrowski@girlscoutsem.org.

GSEM Shop and Build-A-Bear Workshop®

Make sure to stop by the Girl Scouts of Eastern Missouri Shop to get all the essentials, explore the latest in uniforms and apparel, and everything else Girl Scouts needs to express themselves!

And, located within the Shop, the new Build-A-Bear Workshop® is now open—providing a hands-on opportunity for the community to build plush companions while fostering creativity, confidence, and joy!

Book Your Party Today!

Celebrate birthdays, team milestones, or any special occasion with us. Our expert staff will guide your group step-by-step through the bear-making process and ensure every guest leaves with smiles (and a new cuddly companion!).

Shop & Play

Not hosting a party? No problem! The store is open for walk-in customers to purchase bears and accessories. Stop by anytime to bring a new furry friend home.

To learn more or reserve your party, visit girlscoutsem.org/buildabear.

Shop and Build-A-Bear Workshop® Hours

Monday-Wednesday: 10 am-5 pm

Thursday-Saturday: 10 am-7 pm

Sunday: noon-5 pm

**Hours subject to change*

Shop Location

2300 Ball Drive
St. Louis, MO 63146



girl scouts 
of eastern missouri

2300 Ball Drive | girlscoutsem.org | 314.592.2300

