

**Key outcomes and goals covered in this part:**  
**SG#5**

# Smart Girls

## Section 5: KEEPING IT CLEAN

### **ACTIVITY:**

Hygiene is very important to everyday living and life overall. Female hygiene is especially important as our bodies grow and develop. Below is a list of true or false statements regarding hygiene. Take some time and think about the statements and which ones are correct or wrong.

### **TRUE OR FALSE!?**

1. You should brush your teeth only once a day. True or False
2. Wearing the same pair of underwear two days in a row without washing it is healthy.  
True or False
3. All germs are harmful. True or False
4. Getting a tan can stop you from getting pimples. True or False
5. Shampoo cleans oils out of your hair. True or False
6. Germs grow under dirty fingernails. True or False
7. There's no reason to take a shower if you use deodorant or perfume. True or False
8. Washing your hands often can help stop you from catching colds and flu. True or False
9. You sweat more – especially under your arms and in your pubic area – once you've started puberty. True or False
10. You should brush your teeth for at least two minutes at a time. True or False
11. Washing your face every night is a good way to prevent acne. True or False
12. You should wash clothes you've exercised or sweated in. True or False

# Smart Girls

## Section 6: EATING WELL

**Key outcomes and goals covered in this part:**  
**SG#6**

**ACTIVITY:**

Nutritious food gives our bodies the energy they need to move and grow. Sharing a balanced meal with friends and family is a great way to enjoy good food and good company at the same time. This activity allows you to think about how the foods you eat impact your body and mind, and how food can be an excellent basis for building strong relationships and/or defining who you are culturally. For this activity you will plan a dinner party for your family and/or friends. You will use the previous pages as reference for your meal. Be creative and have fun!

**Part 1: Food Groups**



Look at the foods in the food pyramid and try to include at least one item from each part in your meal. Write those foods below.

**Part 2: The Meal**

Appetizer: \_\_\_\_\_

Main Course: \_\_\_\_\_

Dessert: \_\_\_\_\_

**Part 3: Guest List**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# Smart Girls

## Section 7: STAYING FIT

**Key outcomes and goals covered in this part:**  
**SG#7**

### **ACTIVITY:**

Regular physical activity tones your muscles, strengthens your bones, and is great for your heart and brain. It regulates weight, and keeps your heart and lungs strong. It increases balance and endurance, and it helps prevent disease. It's also great for your mind; complicated motions challenge your brain to move multiple muscles quickly, and in succession. Plus, physical activity can boost your mood , it generates chemicals called endorphins, which make you feel happy! For this activity you will review and complete the exercises below, checking each one off when completed.

- 10 Jumping Jacks
- 10 Sit Ups
- Run in place for 2 minutes
- 10 Toe Touches
- Jump rope for 2 minutes
- 10 Jumping Jacks
- 10 Sit Ups



### Review

What are different activities you can do to stay active?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

How did exercising make you feel?

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# Creative Solvers

## Tangrams Part 1

Using the shapes below cut them out and try to create different images using the shapes. Feel free to color them different colors and try to time yourself to see how quick you can make each of the challenge cards using each shape.

### **Challenge Card**

**#1:**

Make

A

FISH

### **Challenge Card**

**#2:**

Make

A

DOG

### **Challenge Card**

**#2:**

Make

A

HORSE

### **Challenge Card**

**#2:**

Make

A

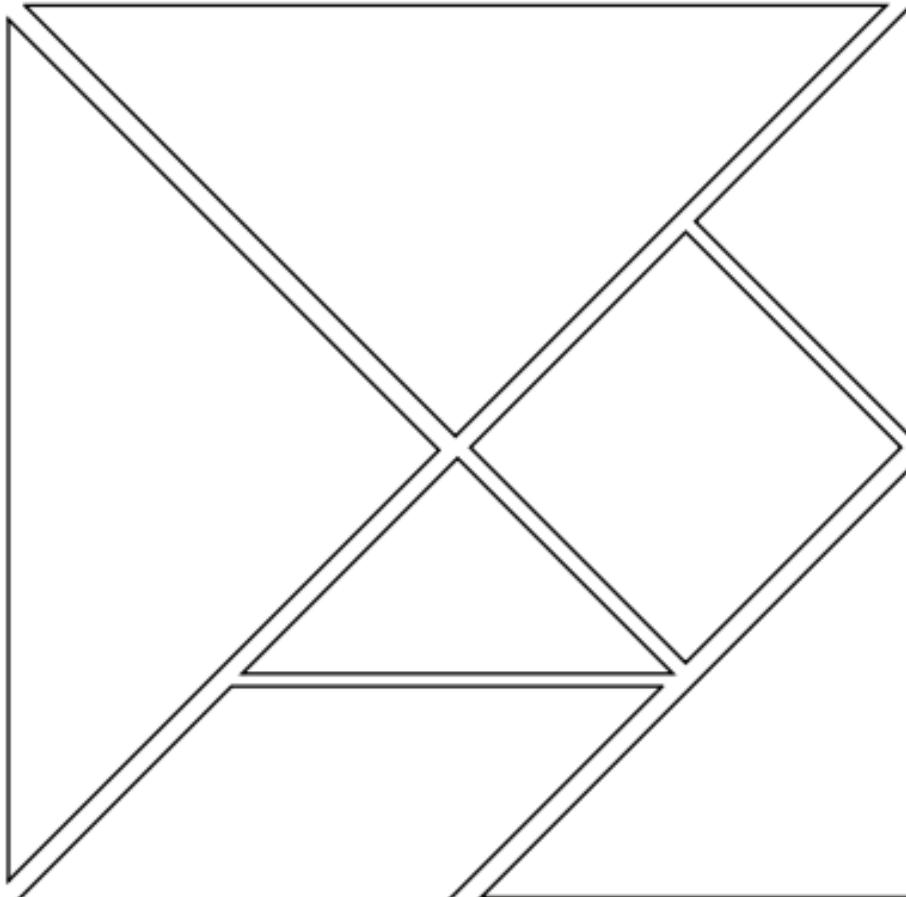
PERSON

### **Challenge Card**

**#2:**

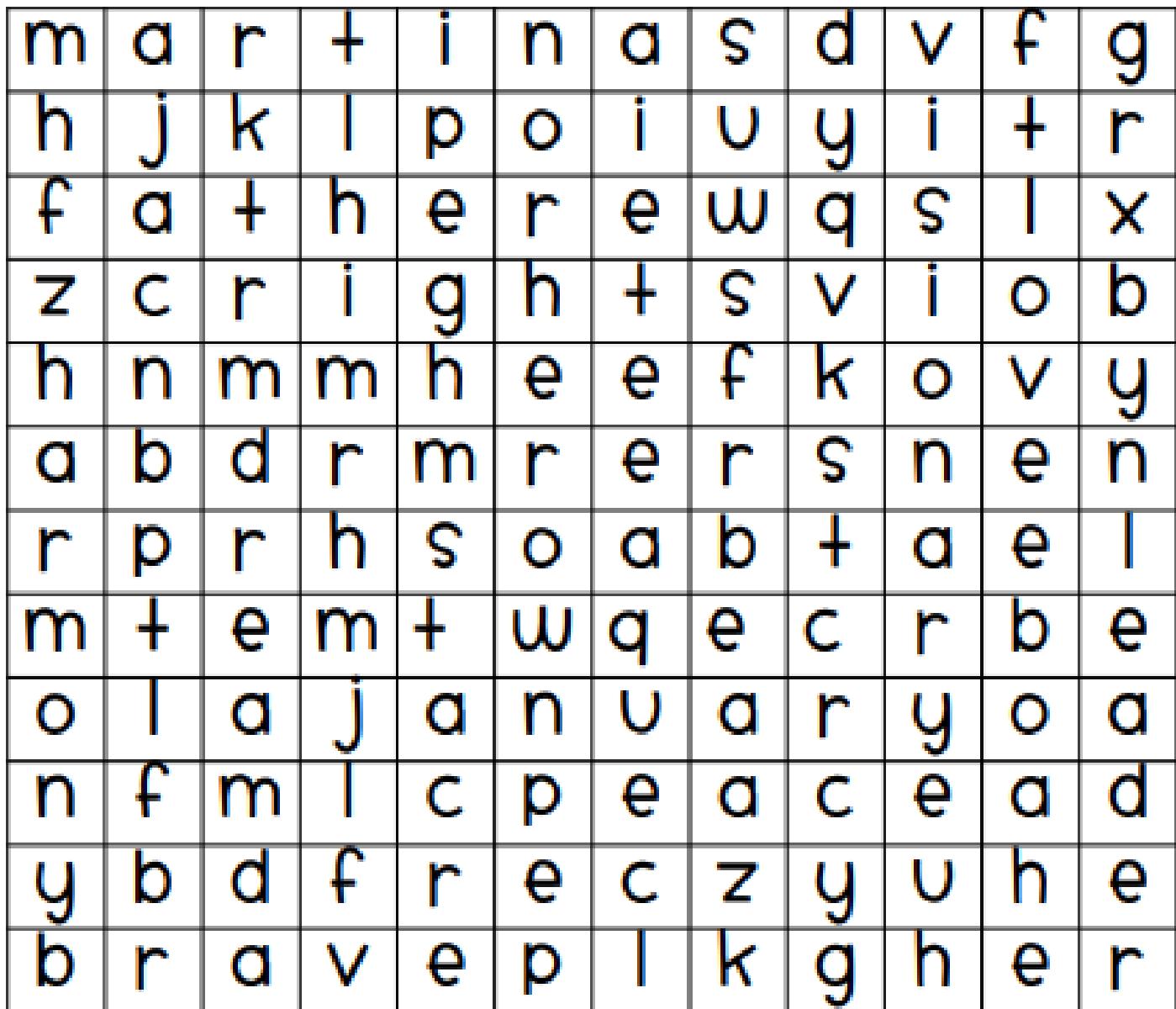
Make

A



**ACTIVITY:**

Dr. Martin Luther King Jr. Day is a day for us to remember the great strides Dr. King took to help break barriers and create change for a better world. Below is a word search with some words associated with Dr. King.



Martin  
brave  
rights  
January

# Creative Solvers

## Wordsearch Part 1

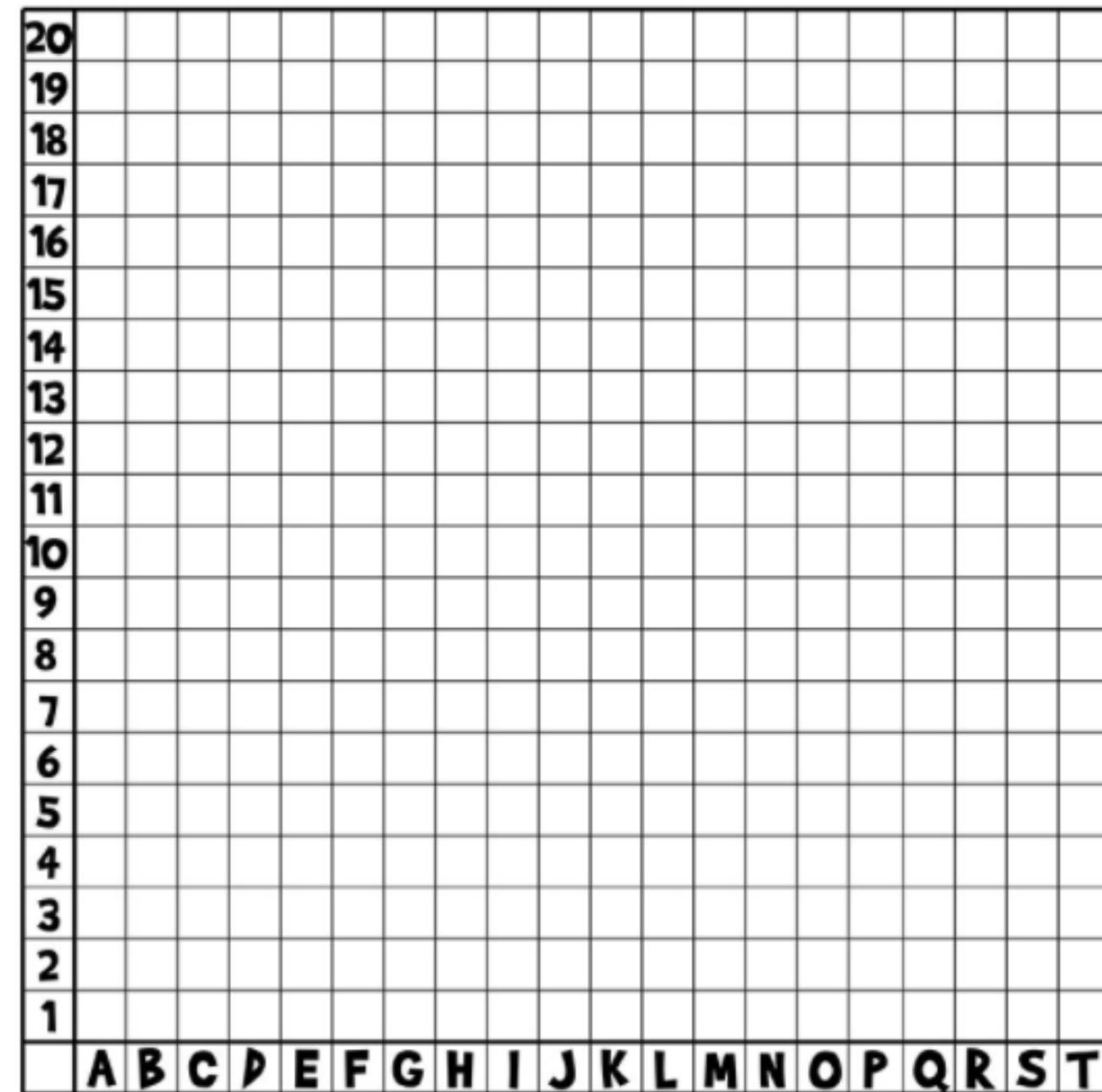
visionary	love
harmony	dream
father	peace
leader	hero



Virtual Club Experience

# Coding in Club

## Part 2



<b>Blue</b>	A(9-20), B(9-20), C(10-12, 15-20), D(10, 11, 16-20), E(16-20), F(16-20), G(15-20), H(13-20), I(13-20), J(13-20), K(13-20), L(15-20), M(17, 18, 20), N(20), O(20), P(15, 19, 20), Q(13-16, 18-20), R(10-20), S(9-20), T(9-20)
<b>Green</b>	A(1-8), B(1-8), C(1-9), D(1-9), E(1-9), F(1-8), G(1-6), H(1-5), I(1-5), J(1, 3-5), K(1, 2), L(1, 3, 4), M(1, 2), N(1, 3-5), O(1-6), P(1-7), Q(1-8), R(1-9), S(1-8), T(1-8)
<b>Light Brown</b>	C(13, 14), D(12-15), E(10-15), F(9-15), G(11-14)
<b>Brown</b>	G(7-10), H(8-12), I(6-12), J(6-12), K(5-12), L(5-14), M(5-16), N(6-17), O(7-15), P(8-14), Q(9-12)
<b>Yellow</b>	J(2), K(3, 4), L(2), M(3, 4), N(2), P(17), Q(17)
<b>Black</b>	O(17)
<b>Red</b>	M(19), N(18, 19), O(16, 18, 19), P(16, 18)