

My Best Self

Complete the five steps to earn your My Best Self Badge.

1. **Get to know your body:** Join Jessica to learn all about how to take good care of your body and make a happiness journal!

Materials needed: Construction paper, lined paper, hole punch, ribbon or string, markers, and crayons.

2. **Eat and play in a healthy way:** It's very important to take good care of your body both on the inside and on the outside.

Inside: The inside of our body can only work properly if we make healthy choices. Watch this [video](#) to learn how to make a healthy meal and then create a healthy meal for yourself or your family.

Outside: We have to stay active and keep our bodies moving to help them work properly on the outside too. Practice taking good care of your body by making an active choice. Below are some examples of active choices:

- Dance to your favorite song
- Try yoga
- Run around in your backyard

3. **Find out how your body works:** Learn all about how your body works hard to keep you active and healthy in this fun [video](#).
4. **Know what to do if something bugs you:** Have you ever had a bad day? What does that feel like? When you have a bad day there are many things you can do to help yourself feel better.

Below are 5 things you can do to help yourself feel better. Pick one of those things and try it out!

- Write down how you feel
- Talk about your feelings with a trusted grown up
- Play outside
- Dance It Out
- Eat a healthy snack

5. **Meet a health helper:** Some of the most important jobs are health helpers. These jobs could be a nurse, a doctor, or a nutritionist. Check out the videos below to learn all about different health helpers.

[Nurse](#)

[Doctor](#)

[Nutritionist](#)