

MY BEST SELF BADGE WORKSHOP

with Live Your Dream Out Loud



This badge is about learning how to take care of our bodies, our feelings, and ourselves — so we can feel healthy and happy, inside and outside.

Participants will leave with more confidence and understanding in how to maintain a happy, healthy life!

\$15 per child



LIVE YOUR
dream
OUT LOUD

This 90 minute workshop includes:

- Get to Know Your Body
- Eat & Play in a Healthy Way
- How My Body Works
- What to Do if Something Bugs Me
- Meet a Health Helper
- This workshop can be extended to 2 hours for \$20 per child

PLEASE NOTE

Price does not include the badge. Leader should purchase badges beforehand and bring them to the workshop.

Must have a minimum of 10 children. If under 10 attendees, that is OK but the cost will be for the price of 10. (Additional cost can simply be divided amongst attendees)

girl scouts 
of northern illinois
Preferred Partner



To book a workshop, email jenny@liveyourdreamoutloud.com
www.liveyourdreamoutloud.com