



## **MEETING TWO (RAINBOWS AND BROWNIES)**

### **Top Tips**

- You might like to send a letter to parents before this meeting so they are aware of the topic
- It is likely some girls will already have come into contact with cancer
- Have an adult ready to support any girl who might get upset

### **What You Will Need**

- Any equipment for an active game
- Pens and paper
- 4 cards for Reducing the Risk of Getting Cancer
- 10 slips of paper for Reducing the Risk of Getting Cancer
- A copy of 'Keeping Healthy' per girl
- Scissors, glue sticks, sheets of A3 paper
- Junk, string, etc

### **Getting Started**

Play an active game that your Unit enjoys, then split the girls into small groups and ask each group to make a list of 6 things that they think make a healthy lifestyle. For Rainbows you might like to have some pictures handy (some healthy and some not!) for the girls to choose from. Ask them to read their lists out and make one big list from what the girls have said.

### **Reducing the Risk of Getting Cancer**

#### **Make 4 cards which read:**

- Eat a healthy, balanced diet
- Be active
- Stay safe in the sun
- Don't smoke

#### **Write the following onto slips of paper:**

- Eat at least 5 portions of fruit and vegetables every day
- Avoid fatty and processed foods
- Try to do one hour of exercise each day
- Sunburn damages your skin and can increase your risk of developing skin cancer
- Use sunscreen with a factor of 30 or higher
- Stay in the shade during the hottest part of the day
- Wear a wide brimmed hat and sunglasses

Stick the 4 cards up in the 4 corners of the room so that the girls can read them. Fold up the slips of paper, put them into a container, and mix them up. Start with the girls in the centre of the room. Take out each slip of paper in turn, read out what it says, and the girls run to the corner of the room that they think the sentence relates to. Award a healthy snack (eg a piece of fruit) to all the girls at the end of the game.

## The Importance of Keeping Healthy

Read the passage below:

### Why Keeping Healthy is Important

Our health affects most areas of our lives, including how we feel on the inside. Looking after yourself when you are young can help keep you healthy when you are older.

Ask the girls to each choose one of the four ways of keeping healthy and create a poster highlighting to other young people the importance of keeping healthy in this way. They can cut out and use words and pictures from 'Keeping Healthy' if they wish. Display the finished posters under the relevant card heading for parents to see at the end of the meeting

### Create a Superhero

Split the girls into small groups and give them 20 minutes to create their own super healthy superhero. They can draw him/her on paper adding junk if they wish for a 3-d effect. They should give their superhero a name. Ask each group to introduce their superhero, explaining why he/she is a super healthy superhero.

### Closing Activity

Standing in a circle refer back to the list of the things the girls thought make a healthy lifestyle. Ask each girl in turn to say something that she will start doing to keep herself as healthy as possible.

### Conclusion

Talk to the girls about the various opportunities to raise money for Macmillan and ask them to decide which they would like to take part in.