

Category	Description	Activity Name	Badge	Page
About You	create a personal care schedule	Here's looking at you	Becoming a Teen	31
About You	keep track of things you have done well	Name Your Talents	Being my best	32
About You	create a personal hygiene routine	A Personal Hygiene Routine	Looking Your Best	39
About You	organize your closet and dresser	Organize	Looking Your Best	39
About You	what does your name mean	What's in a name	My Heritage	55
About you	try to drink six to eight cups of water a day	Drink Plenty of Liquids	Field Sports	75
About you	record everything you eat for one week	Track it	Food Power	76
About you	create your own health pyramid	Keeping it Balanced	Food Power	76
About you	come up with 7 ways you make fit choices throughout the day	A Little each Day	Fun and Fit	79
About you	listen to 5 of your favorite songs, decide which one is relaxing to you	Listen to Music	Stress Less	87
About You	show you can do certain things on horseback	In Good Form	Horse Rider	107
About You	make a piece of art that represents your heritage	Art that's Me	Art in 3-D	133
About You	who would you like to be shipwrecked with and with what 5 items	Shipwrecked on an Island	Creative Solutions	145
About You	using a sewing pattern diagram figure out your size on the pattern	A Perfect Fit	Sew Simple	169
About You	learn to take your pulse	Catch the Beat	Science in Everyday Life	205
About You	with a police officer learn about your fingerprints	You Can't Escape Your Identity	Science Sleuth	210
About You-Party	have a color party - which color looks good on you	Color party	Looking Your Best	39
About You-Party	have a hair styling party	Experiment with Hairstyles	Looking Your Best	39
About You-Party	have an accessory party	Accessory Party	Looking Your Best	39
About You-Party	have a wildlife symbol party	Wildlife Symbol Party	Wildlife	125
About you-Personal Health	find out if you are wearing the right size shoe	If the shoe fits, wear it	Fun and Fit	79
About you-Personal Health	do you have flat feet or high arches	Fancy Footwork	Fun and Fit	79
About you-Personal Health	create a way to track your progress to a healthier you	Keeping Track	A Healthier You	81
About you-Personal Health	write a letter to yourself from your body	Sincerely, Your Body	Highway to Health	82
Acting	practice being a role model	Play a Leading Role	Lead On	18
Acting	act out solutions to travelers problems	What would you do?	On My Way	25
Acting	act out a situation about kids dealing with peer pressure	Peer Pressure Role Play	Being my best	33
Acting	act out positive responses to situations	Be Your own Role Model	Healthy Relationships	49
Acting	role play what you would do in different situations	Try it on for size	The Choice is Yours	61
Acting	practice making emergency phone calls	Get Help	First Aid	63
Acting	role play what you would say to a friend to help them stop smoking	What do you do?	High on Life	65
Acting	choose a female athlete you admire and pretend to be her	Be a Role Model	Court Sports	71
Acting	role play 3 outdoor emergency situations	Outdoor Emergencies	Outdoor Fun	113
Acting	use objects to imitate beaks used by different birds	Creature Feature	Wildlife	125
Acting	become an amateur magician	It's Magic	Puzzlers	167
Acting	read a play and act out the character	Character Traits	Theater	171
Acting	play mirror mimic	Mirror Mimic	Theater	171
Acting	design you own costumes and props for a play	Mix it Up, Make it Up	Theater	171
Acting	practice the breathing techniques	Belt it Out	Theater	171
Acting	do a style of acting found in another part of the World	Theater Around the World	Theater	171
Acting	learn how to be a conductor	Be a Conductor	Making Music	193
Acting	do 2 things an archaeologist would do	Act Like a Scientist	Science Discovery	202
Animals	identify 4 animals that would make good pets	To Have or to Have Not?	Pet Care	57
Animals	take care of a pet for 2 weeks	Be Responsible	Pet Care	57
Animals	figure out the daily, monthly, yearly costs for your animal	Add it Up	Pet Care	57
Animals	how many offspring can your pet have	Facts of Life	Pet Care	57
Animals	find out about illnesses that are common for your pet	Staying Healthy	Pet Care	57
Animals	find out about 2 diseases that pets can spread	Don't pass it on	Pet Care	57
Animals	what is a good diet for your pet	Healthy Diet	Pet Care	57
Animals	how do you communicate with a pet?	Animal talk	Pet Care	57
Animals	look for ways animals have adapted in their habitats	Adapt or Perish	Earth Connections	95
Animals	find and identify 3 animal tracks in the snow	Snow Detective	Frosty Fun	101
Animals	learn how seals, walrus and polar bears stay warm	Natural Insulation	Frosty Fun	101
Animals	find out about the places you can ride horses in your community	On the Trail	Horse Fan	105
Animals	learn the parts of the saddle and bridle	Ease with Equipment	Horse Fan	105
Animals	saddle and bridle a horse by yourself	Get Ready to Ride	Horse Rider	107
Animals	examine the tools used to groom a horse	Clips, Combs, and more	Horse Rider	107