



Health Badge

Junior Rangers must complete each section in "HEALTH" to qualify for the Health patch:



Ranger Lauren

1. Healthy Parks Word Search
2. First Aid Kit Builder
3. Make A Sling

4. Ranger Snack Maze
5. Check Your Heart Rate
6. "Wash Your _____" –Fill in the Blank!

Once you have completed the HEALTH activities please submit them all in one email to JrRangerClub@portagemi.gov, and in the Subject line write HEALTH and your name to receive your HEALTH Badge! You can also mail or drop off items to the address on the main page. If you need any assistance email Ranger Lauren at lottl@portagemi.gov or call 269-329-4522.

You are on your way to becoming a City of Portage Junior Ranger!

1. Healthy Parks, Healthy People Word Search

Find all 16 words to see how parks can help your health!

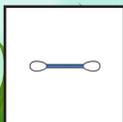
- | | |
|------------|----------------|
| basketball | family |
| friends | pickleball |
| programs | soccer |
| sunshine | tennis |
| biking | farmers market |
| outdoors | picnic |
| read | softball |
| swimming | walking |

l s k l c p m a g h w i p n f
 l r u o l i i n a a y m p a m
 a e j n v a i c l k g t r c r
 b c s m s m b k n a k m o h b
 t c i i m h i e x i e a g l o
 f o z i n n i g l r c s r z o
 o s w m g n n n s k w v a g o
 s s s z x i e m e j c r m i m
 u x c w k w a t h k y i s x r
 q f e i p r r z l j y r p e e
 y b b x k o u t d o o r s u a
 f i n e l l a b t e k s a b d
 h e t s d n e i r f i a e k f
 x n q p m o n m q a r s i h c
 f a m i l y b q j s p a m e e

2. First Aid Kit Builder

Circle five things that go into a basic first aid kit.

Now get a container and build your own first aid kit. Send us a list or photograph of your kit once you are done.



3. Make A Sling

Sometimes we injure our arm, wrist or shoulder while playing. Practice making a sling for yourself or others with this triangular bandage technique.

Instructions:

1. To make a sling, use a piece of cloth, such as a pillowcase, bandanna or towel, about 40 inches square. Then fold the square diagonally to make a triangle. Slip one end of the bandage under the arm and over the shoulder. Bring the other end of the bandage over the other shoulder, cradling the arm.

2. Tie the ends of the bandage behind the neck. Fasten the edge of the bandage, near the elbow, with a safety pin or tie another knot to make it tighter.

Take a picture of yourself or a friend with this sling and send it in to the addresses on the main page to get your health badge.

Click on the picture below to view a video that will help you make your sling.





Health Badge

4. Ranger Snack Maze



Draw a health path through the maze of foods for good health!

5. Check Your Heart Rate

What you'll need:

- A balloon
- A piece of tubing
- 2 small funnels
- Scissors
- A timer
- Rubber band (optional)
- A calculator (optional)

Instructions:

1. Take the piece of tubing and fit a funnel to each end.
2. Stretch the balloon by blowing it up and then letting the air out.
3. Cut off the top third of the balloon with scissors.
4. Stretch the top third of the balloon tightly over the open end of one of the funnels. If necessary, use a rubber band to hold it in place.

Send in a picture of your completed stethoscope.



Download this PDF link located on the Health Badge web page to find out how to make your stethoscope work to check your heart rate.

6. Wash Your _____!

Follow Five Steps to Wash Your Hands the Right Way—Fill in the Blanks

Washing your _____ is easy, and it's one of the quickest ways to prevent the spread of _____.
 _____ hands can stop germs _____ from one person to another and throughout an entire _____.

Follow these five steps every time.

1. Wet your hands with _____ running water (warm or cold), turn off the tap, and apply _____.
2. Lather your hands by _____ them together with the soap. Lather the _____ of your hands, between your _____, and under your _____.
3. Scrub your hands for at least _____ seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end _____.
4. Rinse your hands _____ under clean, running _____.
5. Dry your hands using a clean _____ or air dry them.

1. hands 2. germs 3. clean 4. spreading 5. community 6. clean 7. soap 8. rubbing 9. backs 10. fingers 11. nails
 12. 20 13. twice 14. well 15. water 16. towel

