

C/S/A-Healthy Living-Self Care

Activity 1: Lip scrub

Supplies:

- 2 teaspoons of brown sugar (*substitute white sugar if needed)
- 1 teaspoon Coconut oil (*substitute olive oil)
- ½ teaspoon of honey
- ¼ teaspoon of vanilla extract (optional)
- Measuring spoons
- Mixing bowl
- Mixing utensil
- Paper towels
- Small container with lid

Activity 2: Face Mask

Supplies:

- ½ of a banana
- 1 tablespoon of honey
- 2 teaspoons of oatmeal

Objective: Older girl scout will have the opportunity to practice self-care and learn the skill of measuring. Lip scrub and face mask utilize natural ingredients that are easily accessible.