

Beautiful Inside and Out



Complete 1 requirement to earn this patch.
{for extra you may complete more, especially by using our on line worksheets.}

Item: Beautiful \$1.50


1. Feel good inside. A balanced diet helps you have enough energy to play and work. Learn about the food pyramid and list four [4] items in a balanced lunch.
2. Clothes and accessories can help you express your style and personality. Create an accessory, decorate clothing, or design a new outfit on paper.
3. Exercising makes your body fit and strong. Learn what exercises you like to participate in by trying out one sport or exercise program. Examples include: dance, bowling, gymnastics, swimming, soccer, etc.
4. Try a new hair style. You can use accessories like head bands or flowers OR place it in a braid, pony tail, or up do. Use the cards inside this kit to help you with ideas.
5. Does it make you feel good to sing, dance, cook, draw, paint, or collect items? Your hobbies and talents are what make you the great person you are. Create something using your talent/hobby OR practice your talent/hobby.
6. What colors look best on you? You can use fabric swatches, colored paper, or scarves to hold under your face to see what looks best with your skin tones. Spring: [bright colors] teal, coral, pink, or blue. Summer: [soft colors] lavender, light blue, turquoise, or royal blue. Autumn: [warm colors] Orange, brown, yellow, and green. Winter: [jewel tones and icy pastels] Ice blue, light pink, magenta, or charcoal.
7. Being with your good friends makes you feel happy. Have a get together and enjoy fun activities with your friends. Have a slumber party OR play friendship games, like fortune teller, fun quizzes, OR make friendship bracelets.
8. Take care of your body and pamper yourself. Create lip gloss, OR take a bubble bath OR apply a facial mask, OR give yourself a manicure OR pedicure.
9. It makes you feel good inside when you help others. Complete a community service project. Examples include: working at the food bank or soup kitchen OR collect items for the needy, OR create cards or valentines for the elderly OR collect stamps, etc. Click on our community service page for more ideas.
<http://www.patchworkdesigns.net/community.htm>
10. Create a healthy food or snack for you or your family. Examples include: ants on a log, apple slices, fruit salad, smoothies, trail mix, and other finger food.
11. Parties are fun and it gives you a chance to dress up and feel good inside and out. Create decorations for special event OR have a spa party OR get dressed up for a special event or party OR have a fashion show.
12. Watch A TV show, movie, or televised production that features good morals or fun times. This can be an educational show or fun enchanting movie.
13. Proper manners and etiquette for everyday events and special events are essential for daily life. Learn how set a place setting and practice your skills by using them out to dinner, a tea party, or writing a thank you note.
14. Take care of your body inside and out. Name two daily activities that can keep you healthy and make it a habit to complete it daily. Examples: brush your hair, showers, brush teeth, etc.



Hairstyles to Try


Make several copies of these cards and let the participants choose a style they would like to create or receive. Another option is to draw a card out of a hat. Use the cards as a guide or create your own look under the category. Do not let the participants share brushes or combs. You can also use this as a memory card game, make 2 copies.

UP DO




UP DO

HEADBAND



HEADBAND

BRAID



Braid in one braid, two or several, have fun with braiding.


BRAID

PONYTAIL




PONYTAIL

PIGGY TAILS



PIGGY TAILS

SIDE PONYTAIL



SIDE PONYTAIL

EXTRAVAGANT



Pull your hair up high and fluff it out, or add fake hair extensions, beads, feathers, something out of the ordinary.

EXTRAVAGANT

ACCESSORY



Add any accessory to your hair such as a clip, bow, or jewels.

ACCESSORY

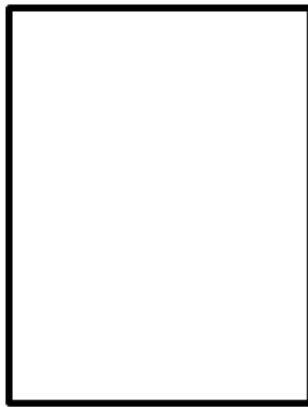
TWIST



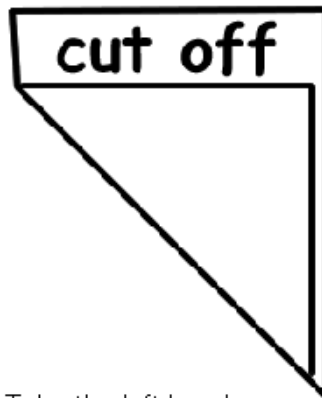
Have fun with twirling your hair into braids, pony tails, or twist in some glitter gel.

TWIST

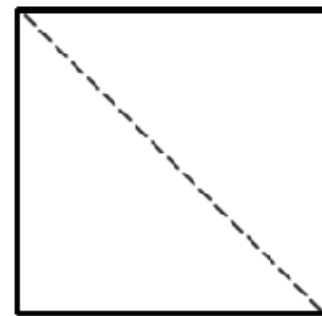
Make a Cootie Catcher (also called a Fortune Teller)



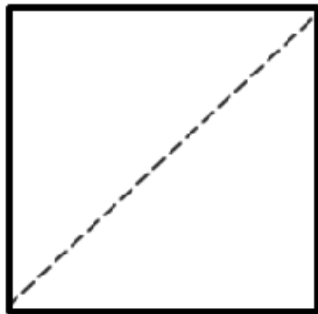
Start with a plain piece of white paper.
8 1/2 X 11



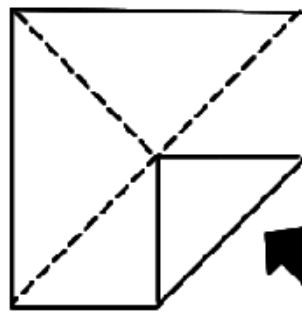
Take the left hand corner and fold it to the side of the page to create a triangle. Cut off the excess paper.



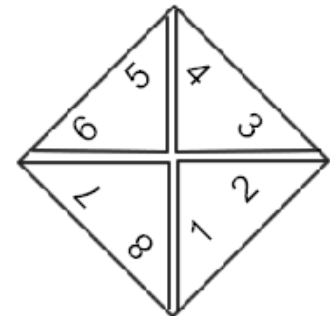
Open the triangle and you will have this square with a folded crease in the center.



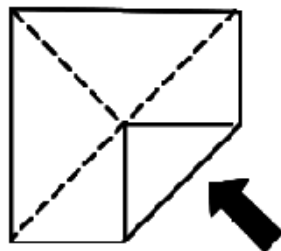
Fold the square diagonal in the other direction to create an "X" pattern of creases in the center of square.



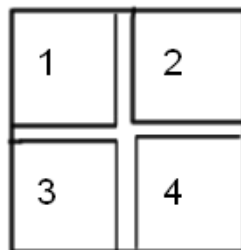
Begin folding the corners towards the center of the square.



Your square should look like this now. Number the triangles. There will be a crease on each large triangle large enough to place two numbers. Open each flap and write a fortune on each triangle inside. When your fortunes are written, close all the flaps.



Flip the folded square over and begin folding the corners toward the center of the square.



Your square should look like this now. Number each corner as shown.



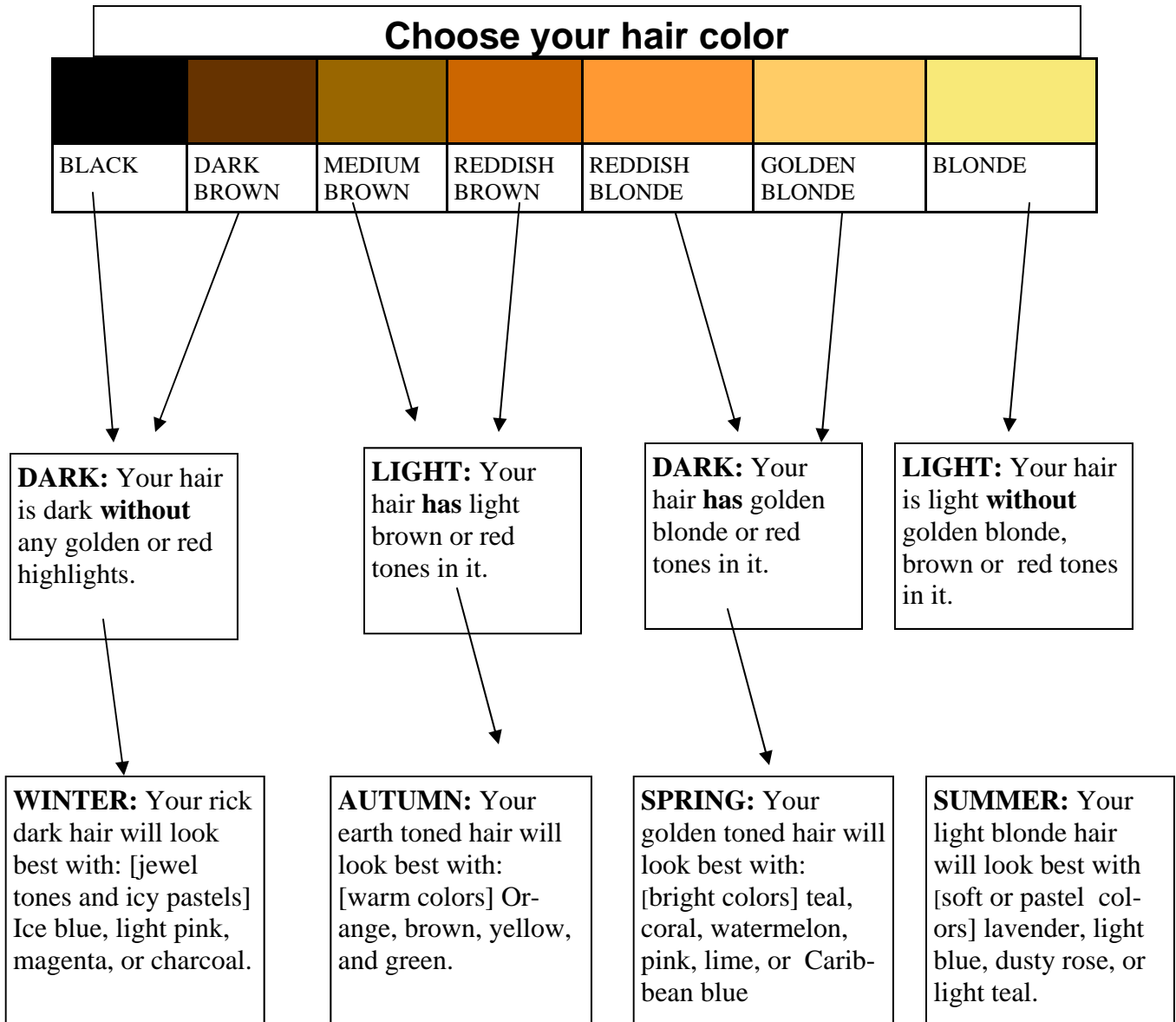
Hold the paper in front of you like a square. Fold it in half vertically and open it back up again.



Slide your thumbs and fingers under the four flaps. Rotate your hands, bringing your thumbs and index fingers together. The cootie catcher should expand as you move it.

Take an easy quiz to see what colors look best on you.

You can also use fabric swatches, colored paper, or scarves to hold under your face to see what looks best with your skin tones.



Name: _____

I am a _____ [season]

The colors I think that will look best on me are:

What colors look best on you?

Create swatches for you to use when you go shopping for clothes or accessories. Color in the boxes under the season you are. You don't have to color all the boxes under your season. For fun, you can color all the seasons.

SPRING

Your golden toned hair will look best with: [bright colors] teal, coral, watermelon, pink, lime, peach, sky blue, or Caribbean blue

SPRING

SUMMER

Your light blonde hair will look best with [soft or pastel colors] lavender, light blue, aqua, periwinkle, dusty rose, or soft fuchsia.

SUMMER

AUTUMN

Your earth toned hair will look best with: [warm colors] Orange, khaki, teal blue, brown, yellow, and green.

AUTUMN

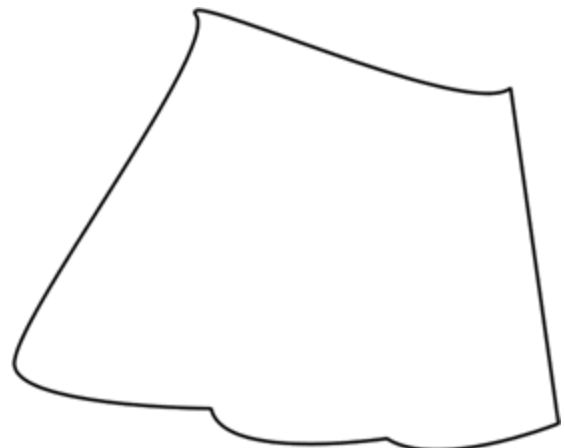
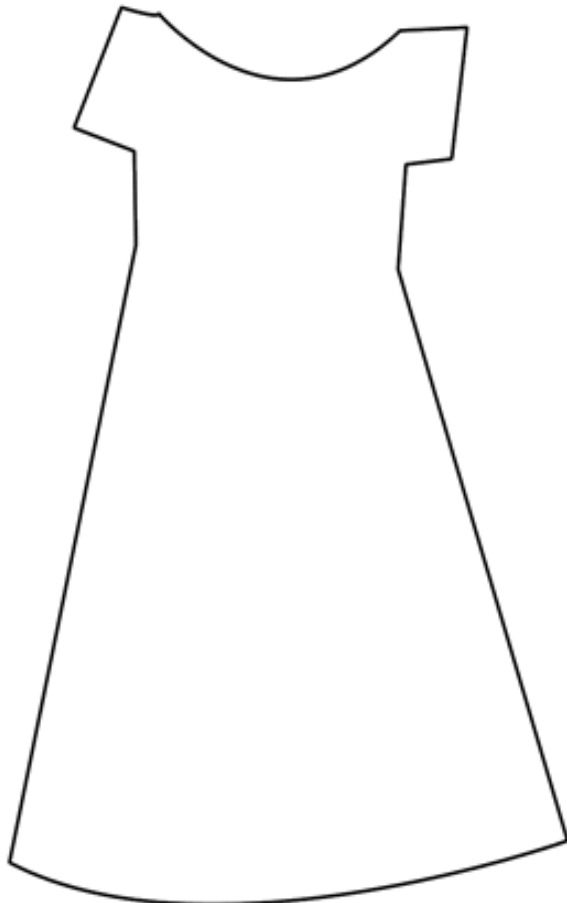
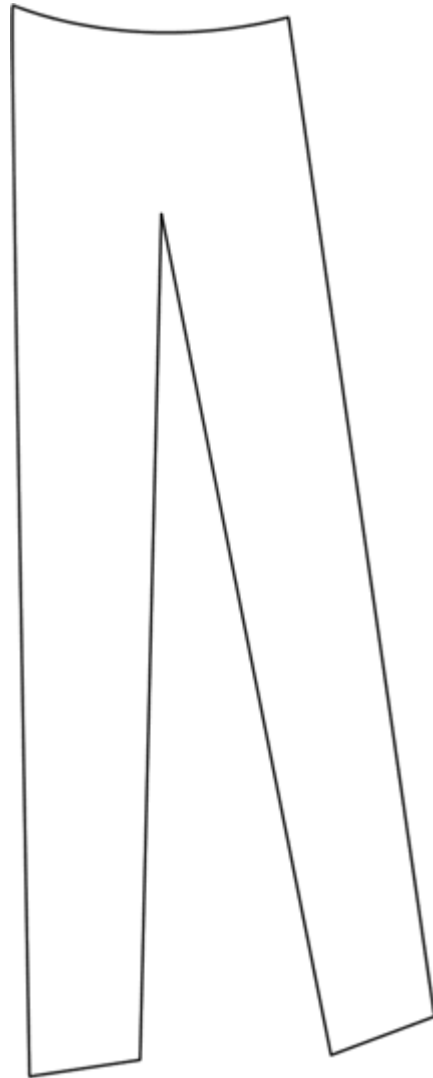
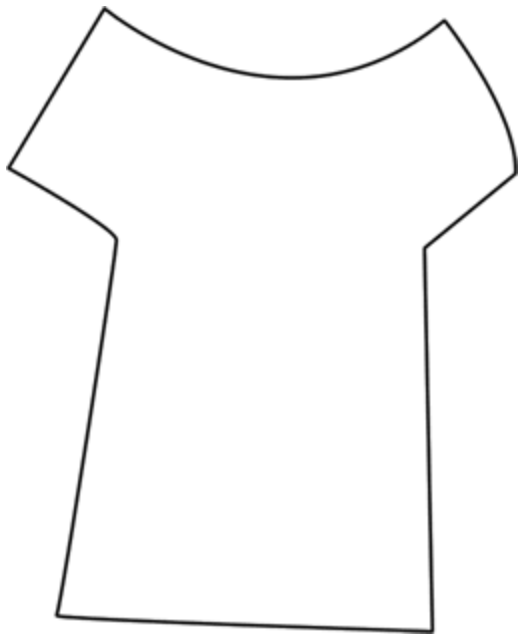
WINTER

Your rick dark hair will look best with: [jewel tones and icy pastels] Ice blue, true red, royal blue, bright white, emerald green, or purple

WINTER

Design Your Own Outfit

Now that you know what colors look best on you, use the below outlines of clothing to create an outfit that you would like. Add designs, symbols, and blend colors to get a unique style.



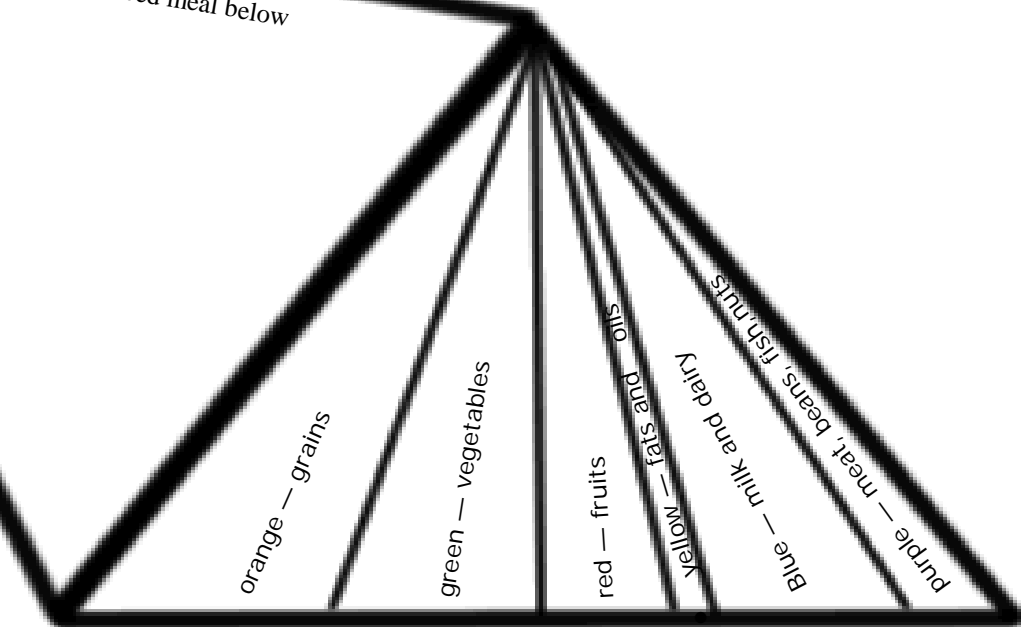
Covers requirement # 2

Food Pyramid

Feel good inside. A balanced diet helps you have enough energy to play and work. Color the food pyramid and list four [4] items in a balanced lunch.

Write down foods or draw a balanced meal below

A balanced diet is one that includes all the food groups. Therefore, make sure you eat foods from every category, every day.



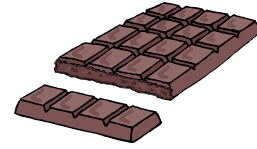
Practice your Tea Manners

1. Remember your **manners**. Say please and thank you when tea is being served or you are asking for cream or sugar.
2. If you choose **not to take tea** then you should turn your cup upside down on your saucer and place a spoon across the bottom of the cup.
3. Gently **stir your tea** with a spoon. After stirring, return the spoon to the saucer, placing it quietly behind the cup. Do not **slurp** your tea.
4. When you are **servicing tea** be careful to hold the top of the tea pot so the lid stays secure. Be careful not to soil the tablecloth while pouring. Ask the person if they would like cream or sugar and let them place it in their cup themselves.
5. Place your **napkin** on your lap. Never place your napkin on the table until you are ready to leave or the table is cleared. If you must leave the table and are going to return, you place the napkin on the seat of your chair.
6. **Respect** the hostess and other members of the tea by asking politely for tea and passing the food items around. Remember to always try something that is offered to you. If you don't care for it simply leave it on your plate.

Recipes

Chocolate Lip gloss

- 2 tablespoons of petroleum jelly
- 1/2 teaspoon of cocoa powder
- Toothpick or plastic spoon to stir the mixture.
- Container or ziploc bag to place the lip gloss in



Using a plastic spoon, place the petroleum jelly in the container or mini ziploc bag. Place the cocoa powder in the container. Stir the items together in the container with a coffee stirrer or strong toothpick. If you are using a bag keep the items together in a small corner of the bag while you massage the dry items in the jelly.

Glittery Lip Gloss

- 1 tablespoon of petroleum jelly
- 1/4 teaspoon of loose powder eye shadow
- Sprinkle of loose body glitter to add shine
- Toothpick or plastic spoon to stir the mixture.
- Container or ziploc bag to place the lip gloss in.



Using a plastic spoon, place the petroleum jelly in the container or mini ziploc bag. Place the loose eye shadow in the container. Different colored eye shadow makes the tint of the gloss change. Stir the items together in the container with a coffee stirrer or strong toothpick. If you are using a bag keep the items together in a small corner of the bag while you massage the dry items in the jelly. **EXPERIMENT!** Add the petroleum jelly, powder and glitter until it gets the color you desire.

Glittery Glow

- Aloe vera gel (enough to place in container)
- loose body glitter (A little glitter goes a long way)
- Plastic or Styrofoam bowl used for mixing
- Plastic spoon
- Container to place the body gel in [trial size bottles]

Place the aloe vera in the bowl. Add a pinch of glitter, stir. Continue this process until the body gel is glittery enough for your personality. Give yourself a glow by placing it on arms, legs etc. Do not place near eyes.

**** Note do not use the art glitter, as it has metal in it.**

- *Paint your nails fun colors.**
- *Do your hair in a fun new style.**
- *Create a colorful headband.**
- *Have a cool fashion show.**



***Take photos of each other.**
***Have fun and be yourself!**

Recipes (continued)

Orange Slushy

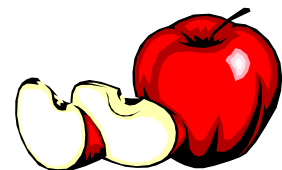
- 1/2 can of 12 oz frozen orange (or small can)
- 1/2 cup of sugar
- 1 cup water
- 1 cup milk
- dash of vanilla extract
- blender and ice



Place all ingredients in the blender in the order above. Fill the remainder of the blender with ice ALMOST to the top. You must have enough room to blend it. Blend until it has a slushy consistency. Serve in cups.

Fruit and Yogurt Dip

- 1 cup of vanilla yogurt or 8 oz of frozen cool whip
- 1 can of crushed pineapples, with juice
- 1 small package of instant vanilla pudding
- Fruit to dip : apple wedges, bananas, etc.



Combine all ingredients together in a small mixing bowl. Let chill and serve with a variety of fruit wedges.

Trail Mix - You will need 1/4 cup of each selection to create the mix.

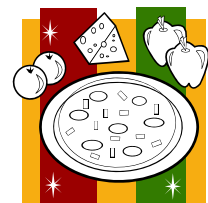
- peanuts or mixed nuts
- M & M's
- raisins
- dried fruit
- plastic ziploc sandwich bags per person
- (optional) marshmallows, chocolate chips, banana chips, mini pretzels, cereal, etc.



Place selection in a separate bowl. Have each person spoon out a handful of each and place it in their ziploc bag. After they have added all the selections, seal the bag and shake up the mix. It is now ready to eat, take on a hike, or road trip.

Homemade Pizza- Directions for one pizza

- 1 premade pizza dough
- 1 cup of sauce
- 1 1/2 cups of mozzarella cheese
- Optional toppings: pepperoni slices, mushrooms, olives, peppers, pineapples, ham, etc.



Place dough on a non stick pan or spray the pan with non grease spray. Spread the dough out evenly on the pan. Place the sauce on the dough and spread out evenly with a spoon. Begin piling on the toppings you chose and top with mozzarella cheese.

Patchwork Designs, Inc.

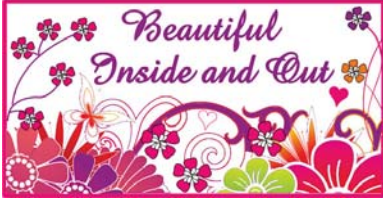
ORDER FORM

Please complete this form and mail or fax it to:

Patchwork Designs, Inc.

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You can add any additional items to this form that you may need for your event or group.

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ORDER OVER 100 pieces and receive the patch for ONLY \$1.35 each

Item #	Description	Quantity	Unit Price	Total Price
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