STAMP CERTIFICATION

I completed this passport on	date	
My Junior leader,	name of leader/mentor	,
of	Junior Grange #	in_state_,
(or, if a 1+ Junior member, mu	, mentor is a member of	
	Grange #	in _state)
approved my stamp on	date	
	STEPS/STAMP WORK	
	, 	
	, 	
	, 	



AUDIENCE

Designed to be completed sequentially as Juniors grow, with culmination after Junior member has achieved at least a third-grade reading level and understands internet research. To earn the stamp, all steps must be completed but need not be done in order.

#73

NECESSARY RESOURCES

Internet access, printer and printer paper, shoebox, markers/crayons/colored pencils, first aid supplies.

LEARNING OBJECTIVES

The purpose of this passport is to educate Junior Grangers about aspects of the body and healthy living.

LEARNING OUTCOMES

Upon completion, Junior Grangers will be able to:

- Learn to prepare for emergency situations
- Gain basic skills relating to healthcare
- · Learn about your own well-being
- Conduct basic research skills

Step 1. Create a first aid kit. Use a container or shoebox, and design it however you wish. Then add what you can from this list into your box.

(https://www.safewise.com/blog/essentials-diy-first-aid-kit/)

Date Completed: _____

Step 2. Learn the bones of the body with the worksheet attached (Refer to Section A). For fun, you can also watch this video (https://www.youtube.com/watch?v=AkmHo7t3fy4). Date Completed:_____

Step 3. Take your temperature and write it below. Look up whether you have a fever or are your temperature is in a normal range.

Temperature:	
Date Completed:	

Step 4. Watch this video and then try and take your pulse. If you need help, ask an adult.

(https://www.youtube.com/watch?v=hyfUwUkwe74)
Date Completed: _____

Step 5. Print out this eye chart (https://www.hves.com/wp-content/uploads/snellen-chart.pdf). See how far you can read the chart, with each eye and then both eyes.

Date Completed: _____

Step 6. Learn about backpacks using this video. Afterwards, weigh yours and try using the tips that you learned. (https://www.youtube.com/watch?v=y9j9_7vJRyU&t=58s) Date Completed: _____ **Step 7.** Learn about the different food groups using this video (https://www.youtube.com/watch?v=Z51bWG17m-Q). Afterwards, fill out the worksheet with which foods are in your home (Refer to Section B.

Date Completed: _____

Step 8. Learn about vaccines using this video. Ask your parent which ones are required by your school. (https://www.youtube.com/watch?v=5SproXmRUkI) Date Completed:_____

Step 9. Pretend to be a doctor and use the skills you learned from the other steps. Fill out the doctor checkup worksheet as you go (Refer to Section C).

Date Completed: _____

Step 10. Draw yourself as a doctor below!

Date Completed:_____