

## Good Grooming



### Otter: Do 4 requirements including the 2 starred

- \_\_\_\_\_ 1.\* Earn the Hygiene Badge at the Otter Level
- \_\_\_\_\_ 2.\* Learn the proper way to brush your hair and remove all the tangles.
- \_\_\_\_\_ 3. Visit a beautician or hair stylist and ask her about hair care and styles. Decide which style you think would look best on you.
- \_\_\_\_\_ 4. Discuss what kinds of foods you should be eating to stay healthy and what happens when you don't eat enough of them. Make a dietary plan that meets your health needs and follow it for one month.
- \_\_\_\_\_ 5. Demonstrate good posture for sitting, walking, lifting, bending, reading, and carrying packages.
- \_\_\_\_\_ 6. Discuss proper care for your feet. What would be the proper footwear for going to the beach? Hiking? Going for a long walk? Going to church?
- \_\_\_\_\_ 7. Demonstrate how to wear your Frontier Girls uniform correctly. Why is this important? Why do we require a more formal uniform for public flag ceremonies?
- \_\_\_\_\_ 8. Discuss how good grooming affects your appearance and attitude. How does this effect other's impressions of you?
- \_\_\_\_\_ 9. The way we present our outside should match who we are on the inside. If you dress immodestly, people will assume that you also live immodestly since that is how you present yourself. Look through your clothing and ask yourself the following questions:
  - Do your shirts reveal your abdomen or back?
  - Do you have to suck in your stomach to zip any of your pants?
  - Do any of your shirts or pants have inappropriate sayings on them, or sayings in inappropriate places such as across your bottom?
  - Do any of your jeans ride so low that your underwear can be seen?
  - Do any of your skirts ride excessively high above the knee when you are seated? Do any of the slits come too far up your leg?
  - Do your shorts show your bottom when you bend over?
- If you answered yes to any of these questions ask yourself why your wear that particular piece of clothing and consider replacing it with something less revealing.
- \_\_\_\_\_ 10. Put on a fashion show to demonstrate good grooming. Make sure that hair is styled well, nails are trimmed and neat, and clothing is appropriate, clean, and neat.
- \_\_\_\_\_ 11. Discuss how sleep contributes to the way you feel and look. How much sleep should you be getting each nigh.

### Dolphin: Do 5 requirements including the 2 starred

- \_\_\_\_\_ 1.\* Earn the Hygiene Badge at the Dolphin Level

\_\_\_\_\_ 2.\* Do Otter requirement 2 and have someone discuss shampooing, care of hair, and hair styles. Try out different ways of doing your own hair. If you are earning this badge with your troop try having a hair style show.

\_\_\_\_\_ 3. Make a Good Grooming chart with items you think should be checked daily, weekly, and monthly. Items may include hair cuts, nails, clothing fit and style, etc.

\_\_\_\_\_ 4. The way we present our outside should match who we are on the inside. If you dress immodestly, people will assume that you also live immodestly since that is how you present yourself. Look through your clothing and ask yourself the following questions:

Do your shirts reveal your abdomen or back?

Do you have to suck in your stomach to zip any of your pants?

Do any of your shirts or pants have inappropriate sayings on them, or sayings in inappropriate places such as across your bottom?

Do any of your jeans ride so low that your underwear can be seen?

Do any of your skirts ride excessively high above the knee when you are seated? Do any of the slits come too far up your leg?

Do your shorts show your bottom when you bend over?

If you answered yes to any of these questions ask yourself why you wear that particular piece of clothing and consider replacing it with something less revealing.

\_\_\_\_\_ 5. Visit a beautician or hair stylist and ask her about hair care and styles. Decide which style you think would look best on you.

\_\_\_\_\_ 6. Discuss what kinds of foods you should be eating to stay healthy and what happens when you don't eat enough of them. Make a dietary plan that meets your health needs and follow it for one month.

\_\_\_\_\_ 7. Demonstrate good posture for sitting, walking, lifting, bending, reading, and carrying packages.

\_\_\_\_\_ 8. Discuss proper care for your feet. What would be the proper footwear for going to the beach? Hiking? Going for a long walk? Going to church?

\_\_\_\_\_ 9. Demonstrate how to wear your Frontier Girls uniform correctly. Why is this important? Why do we require a more formal uniform for public flag ceremonies?

\_\_\_\_\_ 10. Discuss how good grooming affects your appearance and attitude. How does this effect other's impressions of you?

\_\_\_\_\_ 11. Put on a fashion show to demonstrate good grooming. Make sure that hair is styled well, nails are trimmed and neat, and clothing is appropriate, clean, and neat.

\_\_\_\_\_ 12. Discuss how sleep contributes to the way you feel and look. How much sleep should you be getting each night.

### **Butterfly: Do 6 requirements including the 2 starred**

\_\_\_\_\_ 1.\* Earn the Hygiene Badge at the Butterfly Level

\_\_\_\_\_ 2.\* Do Dolphin requirement #2. Have a knowledgeable person teach you about types of faces and skin. Demonstrate proper skin cleansing and protection.

\_\_\_\_\_ 3. The way we present our outside should match who we are on the inside. If you dress

immodestly, people will assume that you also live immodestly since that is how you present yourself.. Look through your clothing and ask yourself the following questions:

Are any of your tops so sheer that others can see your bra or too low-cut, allowing cleavage to show?

Do your shirts reveal your abdomen or back?

Do any of your shirts or pants have inappropriate sayings on them, or sayings in inappropriate places such as across your bottom?

Do you have to suck in your stomach to zip any of your pants? Do any of your jeans ride so low that your underwear can be seen?

Do any of your skirts ride excessively high above the knee when you are seated? Do any of the slits come too far up your leg?

Do your shorts show your bottom when you bend over?

If you answered yes to any of these questions, ask yourself why you wear that particular piece of clothing. By wearing revealing clothes you are sending a message to boys that you do not respect your body and therefore they do not have to either. A modest woman does not lead others into temptation and by wearing revealing clothes. When you do you make it harder for the boys to do the right thing and show you the respect that you deserve.

\_\_\_\_\_ 4. Visit a beautician or hair stylist and ask her about hair care and styles. Decide which style you think would look best on you.

\_\_\_\_\_ 5. Discuss what kinds of foods you should be eating to stay healthy and what happens when you don't eat enough of them. Make a dietary plan that meets your health needs and follow it for one month.

\_\_\_\_\_ 6. Demonstrate good posture for sitting, walking, lifting, bending, reading, and carrying packages.

\_\_\_\_\_ 7. Discuss proper care for your feet. What would be the proper footwear for going to the beach? Hiking? Going for a long walk? Going to church?

\_\_\_\_\_ 8. Demonstrate how to wear your Frontier Girls uniform correctly. Why is this important? Why do we require a more formal uniform for public flag ceremonies?

\_\_\_\_\_ 9. Discuss how good grooming affects your appearance and attitude. How does this effect other's impressions of you?

\_\_\_\_\_ 10. Make a Good Grooming chart with items you think should be checked daily, weekly, and monthly. Items may include hair cuts, nails, clothing fit and style, etc.

\_\_\_\_\_ 11. Put on a fashion show to demonstrate good grooming. Make sure that hair is styled well, nails are trimmed and neat, and clothing is appropriate, clean, and neat.

\_\_\_\_\_ 12. Discuss how sleep contributes to the way you feel and look. How much sleep should you be getting each night.

### **Eagle: Do 7 requirements including the 2 starred**

\_\_\_\_\_ 1.\* Earn the Hygiene Badge at the Eagle Level

\_\_\_\_\_ 2.\* Do Butterfly requirement 2.

\_\_\_\_\_ 3. The way we present our outside should match who we are on the inside. If you dress immodestly, people will assume that you also live immodestly since that is how you present yourself..

Look through your clothing and ask yourself the following questions:

Are any of your tops so sheer that others can see your bra or too low-cut, allowing cleavage to show?

Do your shirts reveal your abdomen or back?

Do any of your shirts or pants have inappropriate sayings on them, or sayings in inappropriate places such as across your bottom?

Do you have to suck in your stomach to zip any of your pants? Do any of your jeans ride so low that your underwear can be seen?

Do any of your skirts ride excessively high above the knee when you are seated? Do any of the slits come too far up your leg?

Do your shorts show your bottom when you bend over?

If you answered yes to any of these questions, ask yourself why you wear that particular piece of clothing. By wearing revealing clothes you are sending a message to boys that you do not respect your body and therefore they do not have to either. A modest woman does not lead others into temptation and by wearing revealing clothes. When you do you make it harder for the boys to do the right thing and show you the respect that you deserve.

\_\_\_\_\_ 4. Visit a beautician or hair stylist and ask her about hair care and styles. Decide which style you think would look best on you.

\_\_\_\_\_ 5. Discuss what kinds of foods you should be eating to stay healthy and what happens when you don't eat enough of them. Make a dietary plan that meets your health needs and follow it for one month.

\_\_\_\_\_ 6. Demonstrate good posture for sitting, walking, lifting, bending, reading, and carrying packages.

\_\_\_\_\_ 7. Discuss proper care for your feet. What would be the proper footwear for going to the beach? Hiking? Going for a long walk? Going to church?

\_\_\_\_\_ 8. Demonstrate how to wear your Frontier Girls uniform correctly. Why is this important? Why do we require a more formal uniform for public flag ceremonies?

\_\_\_\_\_ 9. Discuss how good grooming affects your appearance and attitude. How does this effect other's impressions of you?

\_\_\_\_\_ 10. Make a Good Grooming chart with items you think should be checked daily, weekly, and monthly. Items may include hair cuts, nails, clothing fit and style, etc.

\_\_\_\_\_ 11. Put on a fashion show to demonstrate good grooming. Make sure that hair is styled well, nails are trimmed and neat, and clothing is appropriate, clean, and neat.

\_\_\_\_\_ 12. Discuss how sleep contributes to the way you feel and look. How much sleep should you be getting each night.