



You already know Girl Scouts is fun. Guess what? It's also a great way to build your inner strength so that you're ready for anything!

Scientists have found that certain activities may lift your mood, calm you down when you're stressed, and help you face challenges—and you can do many of these activities at Girl Scouts.

The included chart has 10 skills that may help boost your resilience. Each skill has two activity choices, pulled from Girl Scout programming.

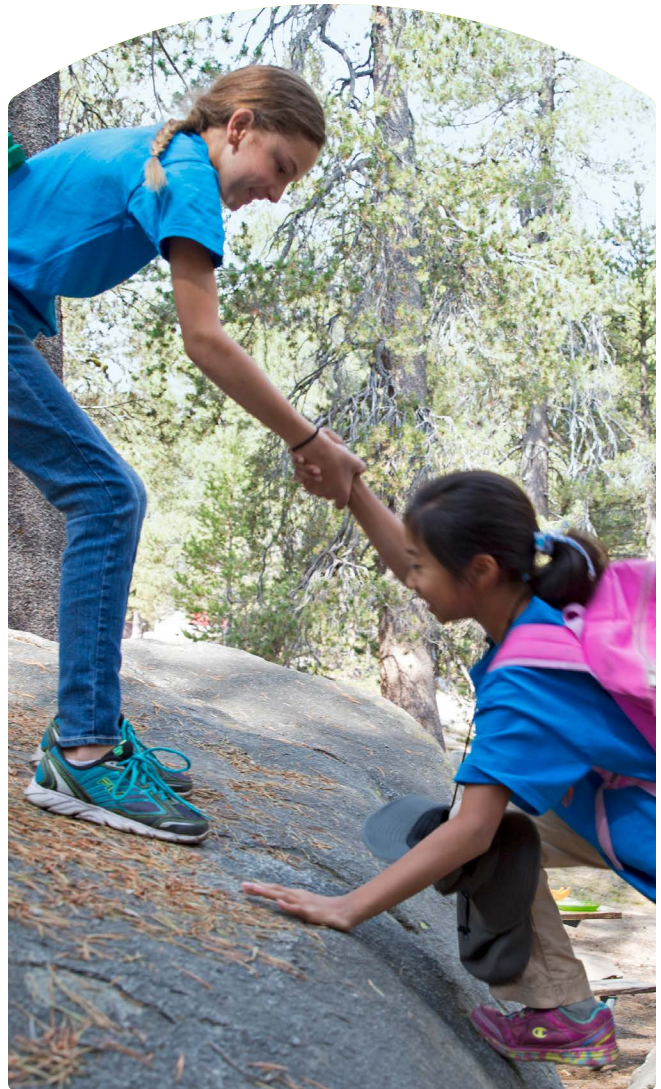
Choose the ones that call to you, and give them a try!

To get your patch, you'll need to complete the following number of activities:

- ▶ Daisies and Brownies—3
- ▶ Juniors and Cadettes—5
- ▶ Seniors and Ambassadors—7

You might want to think of this as an experiment! Which activities make you feel happier or calmer?

Keep doing them to become a Girl Scout who is Resilient. Ready. Strong.



The activities on the chart were curated from the following Girl Scout programs:

**Badges/Petals:** Digital Leadership (B); Drawing (J); My Best Self (B); My Family Story (B); Outdoor Art Apprentice (C); Science of Happiness (C); Space Science Investigator (J), Staying Fit (B); STEM Career Exploration (J); Trail Adventure (S, A); Trees (C); Voice for Animals (S).

**Awards:** Global Action Day; My Promise, My Faith; Think Like a Citizen Scientist Journey; World Thinking Day.

**Initiatives:** Girl Scout Tree Promise, National Service Projects (Citizen Science, Fighting Hunger, Honoring Changemakers, Letter Writing, Mask Making, Promote the Vote, Valentine's Day Cards).

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Visit [www.girlscouts.org/wellness](http://www.girlscouts.org/wellness) to try online activities and buy your patch.

For each skill, there are two activities. There are a total of 20 activities to choose from.

### Understand Emotions

1. Create a “happy box” filled with five things that make you smile, such as photos, art supplies, books, or favorite toys. Open the box when you’re worried, upset, or just need a little cheering up. [View Activity.](#)

2. Learn how to use mental imagery to prepare for your next hike, run, or sports activity. Mental imagery can improve your performance and build your self-confidence. [View Activity.](#)



### Share Stories

1. Share stories with your friends about your favorite holiday, your greatest adventure, or your dreams for the future! They will learn more about you— and you’ll find out more about them.

2. Create a family crest to tell the story of your family’s heritage, values, or memorable moments. Or design a crest for any group you belong to, such as a school club, athletic team, or your Girl Scout troop.

### Get Moving

1. Do a cool dance, social-emotional activities, or yoga with UNICEF Kid Power®. Have fun and stay fit as you support food banks and people in need. [View Activities.](#)

2. Create a new dance move for your favorite song. Dance to the beat every day for a week or throw a dance party and teach it to friends.



### Practice Gratitude and Giving

1. Select and carry out a national Girl Scout service project to support your community. [Pick your favorite.](#)



2. Start a gratitude journal: jot down two or three things you’re thankful for and three to five things that make you happy. (They could be one and the same!) Do this every day for one to two weeks. When you’re done, record how the practice made you feel.

### Experience Nature

1. Visit a garden in your community or your own backyard to get ideas for creating a garden of your own.

2. Go on a night sky scavenger hunt: identify stars, constellations, or planets. Use a book, star wheel, or an app to chart your way.



### Connect with Animals

1. Put up a bird feeder, plant flowers to attract hummingbirds, or get outside to watch and listen to our feathered friends.



2. Find out what it’s like to have a career protecting animals by talking to a veterinarian, animal-rescue worker, or zookeeper. [View Activity.](#)

### Enjoy a Hobby

1. Find an outdoor scene—it might be a lake, creek, trail, or your own backyard. Draw, film, or photograph the scene several times during the day or on different days. Observe how weather and time of day change the scene’s appearance.

2. Sketch a still life three times, using a different medium (colored pencils, regular pencils, charcoal, ink pen, markers, pastels, crayons) each time. [View Activity.](#)



### Find Meaning

1. Create a keepsake—a painting, collage, song, poem, scrapbook, bookmark, piece of jewelry, or another object—that reminds you of your favorite line of the Girl Scout Law. [View Activity.](#)



2. Every job offers different ways for you to help others. Choose two or three jobs that interest you and find out how they might add meaning to your and others’ lives: interview people in your community, watch videos, or read articles about these jobs.

### Connect to Community

1. Music brings people together, and when people come together, they can build community. Make up a song about something you care about (friends, family, a favorite animal, etc.). Record your song and share it with others or sing it at an event.

2. You belong to a community of girls worldwide. Create a girls’ bill of rights that includes at least five things you think girls should have the right to do. [View Activity.](#)



### Take Action

1. Plant a tree to support the Girl Scout Tree Promise, and join a global movement to address climate change, one tree at a time. [Get started.](#)



2. Learn the difference between community service and the Girl Scout concept of Take Action, then brainstorm some ways to engage in the latter! Girl Scout Junior or older? Start planning your Bronze, Silver, or Gold Award. [View Activity.](#)

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