

Take the GSOFT Wellness Challenge! Check out the activities below and choose which ones you want to do to earn the patch. Social distancing and quarantine can take a toll on our well being. Let's keep ourselves healthy this year!

Based on your girl scout level, complete the required number of activities to earn the patch!

MIND – Arts, music, nature, social, relaxation, focus

- Color in a Mandala
- Watch and paint the sunset
- Listen to the sounds of nature - write a poem about it
- Relax and read a new book
- Make a friendship bracelet or mask and give it away
- Create a positive song playlist
- De-clutter your space
- Draw a self portrait
- Create a colorful collage/vision board
- Create your own comic story to express yourself
- Create a sculpture using clay– make it imperfect and learn about the Japanese concept of “Wabi Sabi”
- Do a spa activity at home– paint your nails, do a face ask, moisturize, take a long bath...you decide!
- Growth mindset– try something new and practice until you improve
- Write in: _____

SPIRIT – Feelings and emotions

- Make a homemade stress ball
- Create and decorate a gratitude jar
- Paint with colors that represent your feelings
- Reflect on your day by journaling for a week
- Do a walking meditation outside
- Give yourself 5 compliments in the mirror
- Do a good turn (deed) everyday for a week– like how you feel? Try and earn the Do a Good Turn Daily patch
- Diffuse calming essential oils– lavender, chamomile, or jasmine
- Laugh at something at least once a day for a week
- Attend a religious service– doesn't have to be your own!
- Learn a breathing technique to help you calm down
- Write in: _____

BODY – Movement and nutrition

- Make a salad using at least 4 colors
- Make a healthy fruit dessert
- Make a homemade salad dressing
- Drink 8 cups of water everyday for a week
- Make a healthy portable breakfast
- Make an herbal tea and research the benefits
- Help make a usual family dinner more nutritious
- Make a meal using all five food groups– protein, dairy, carbohydrates, vegetables, and fruits
- Try a healthy food you have never tried before – quinoa, avocado, mango etc...
- Make a recipe that replaces sugar with a natural sweetener– honey, maple syrup etc
- Stop drinking soda/sugary drinks for a week
- Take a yoga class
- Go on a hike
- Go on a bike ride
- Hula hoop or jump rope
- Take a martial arts class
- Take a pilates class
- Use household objects as workout equipment
- Learn a new dance
- Write in: _____

NUMBER OF ACTIVITIES REQUIRED

– to receive the patch –

Daisies – 2 Mind, 3 Body/Movement , and 1 Spirit

Brownies – 3 Mind, 4 Body/Movement, 2 Spirit

Juniors – 4 Mind, 5 Body/Movement, 3 Spirit

Cadettes – 5 Mind, 6 Body/Movement, 4 Spirit

Seniors – 5 Mind, 7 Body/Movement, 4 Spirit

Ambassadors – 5 Mind, 8 Body/Movement, 4 Spirit

Want to try something again? It's okay to do that and count it a second time!

