



# GSWCF & TampaWell Wellness Warrior Patch Program

Girl Scouts will have the opportunity to adopt healthy wellness activities into their daily routine, engage family and friends in healthy goals, and celebrate their progress! Throughout this patch program, girls will learn about the five different pillars of health and wellness. Complete each pillar and embark on your wellness patch journey!

### Steps

1. Explore Movement
2. Health Eating
3. Positive Mental Health
4. Care for Self
5. Care for Others
6. Take Action!

### Purpose

When I've earned this patch, I'll know all about mental and physical wellness.



## Dance Party Through the Decades!

Write down popular dance moves from different decades. Watch a few on YouTube. Play some music from each decade and have each girl join in on the fun!

### Here are a few examples:

2010 – present: Cupid Shuffle, the Dougie, Floss, Futsal Shuffle

2000s: Cha Cha Slide

1900s: Macarena, Electric Slide

1980s: Running Man, breakdancing, the Moonwalk, Locomotion

1970s: The Hustle, disco, YMCA

1960s: The Twist, Mashed Potato, the Robot

1950s: The Limbo, Hand Jive, Chicken Dance

1940s: Jitterbug, Hokey Pokey

1930s: The Swing, the Foxtrot

1920s: The Charleston

STEP

1



Every step has at least two choices. Do ONE to complete each step. Inspired? Do more!

Regular physical activity is an essential component of a healthy lifestyle. It builds strong bones and muscles, can increase physical fitness, reduces anxiety and depression, and promotes positive mental health.

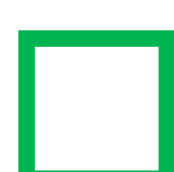
First, start with a warm-up! Dynamic warm-ups, or "movements while you stretch," help promote blood flow and prevent injury and sore muscles. Try lunges with a twist or loosen up with arm and hip circles before exercising.

### Older Girl Research:

#### **Light, Moderate & Vigorous Exercise**

What are they and when is it important to do each type of exercise?

### CHOICES – DO ONE:



Have a dance party through the decades and learn a new dance style in the process!  
(See directions on left side of page)

OR



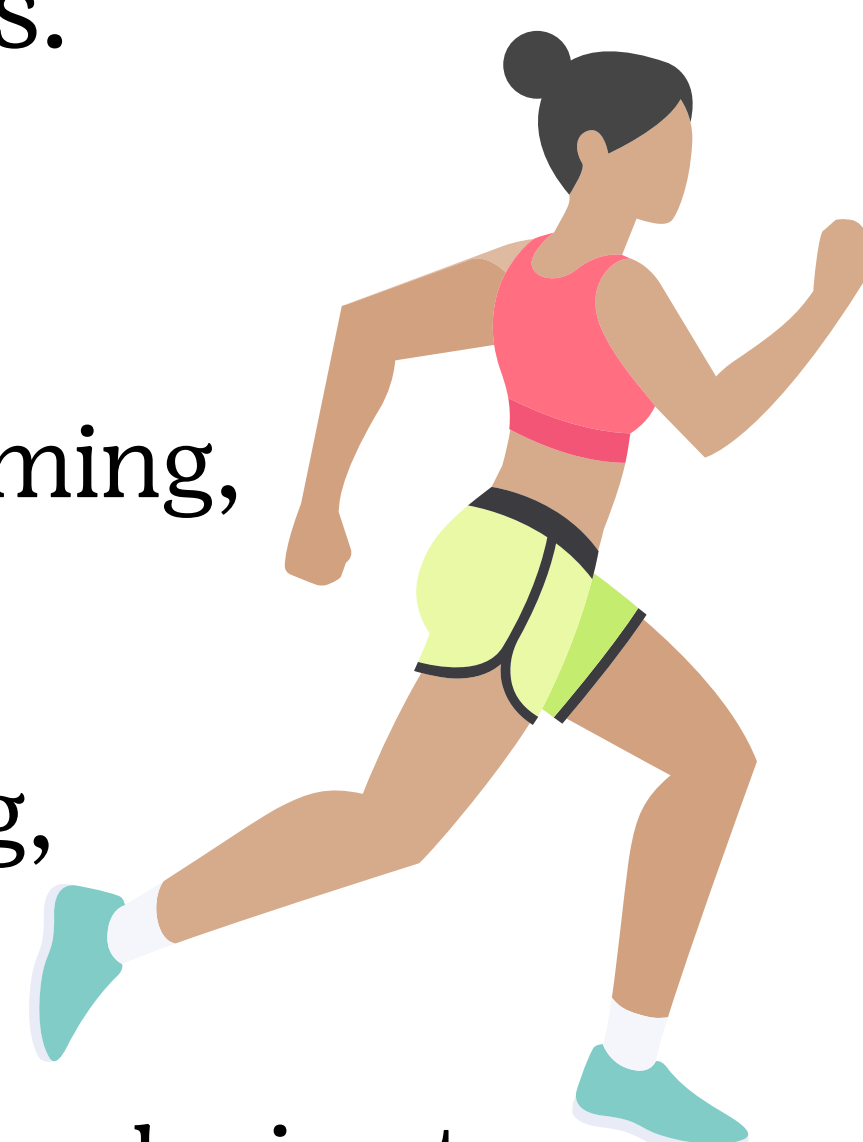
Try a variety of low impact, moderate impact and high impact exercises.

### **Examples:**

**Low Impact:** walking, biking, swimming, stretching

**Moderate Impact:** skipping, dancing, rollerblading/skating

**High Impact:** running, jumping rope, playing tag





# 2

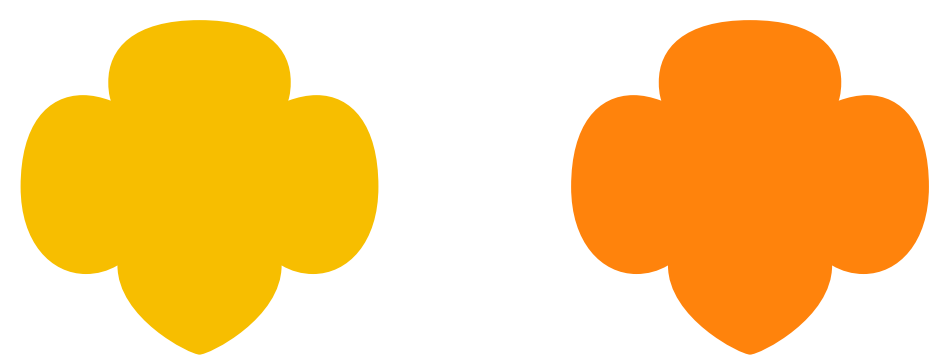
Eating a variety of foods allows your body to have a myriad of nutrients, vitamins and minerals. Learn more from [www.myplate.gov](http://www.myplate.gov).

# Why is Color Variety Important in Your Diet?

Rich nutrient content is found in brightly colored fruits and vegetables! By focusing on eating a variety of colors, you focus on what nutrients your bodies are getting daily, no matter what your dietary preferences! Below are some examples.

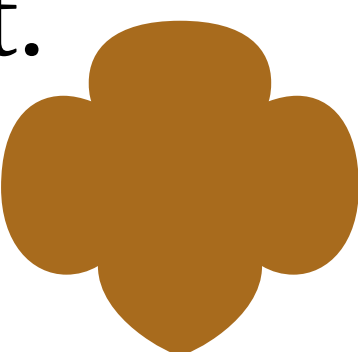
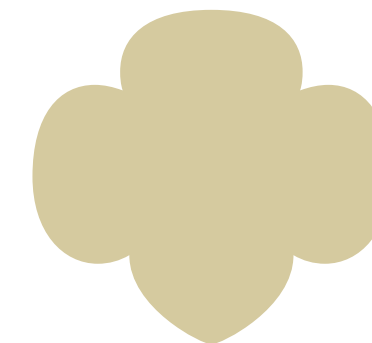
## YELLOW / ORANGE

Supports eye health, supports immune function, and reduces the risk for heart disease.



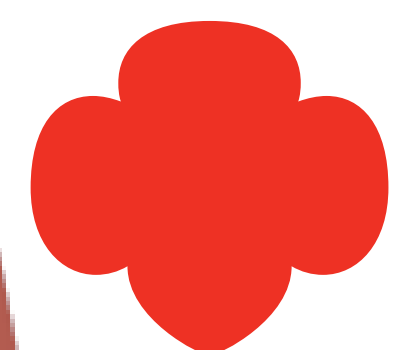
**WHITE / TAN / BROWN**

Colorless produce can still have benefits! These include reducing blood pressure and cholesterol and supporting the heart.



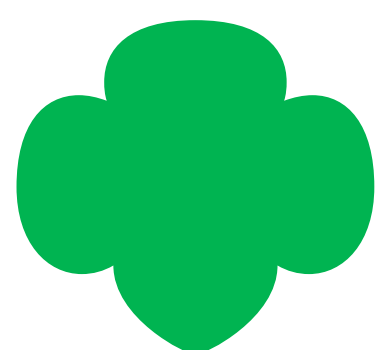
**RED**

Supports joint  
health and  
improves circulation.



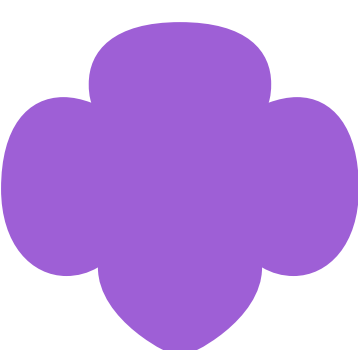
# GREEN

Supports the immune system, bone health, and heart health; and regulates blood sugar levels.




## Blue / Purple

Supports brain health, reduces inflammation and heart disease risks, enhances calmness, and boosts mood.




## Image Credit

CHOICES – DO ONE:

-  Make a [Food Color Wheel](#) using a paper plate and construction paper. Identify what colors you eat daily and write them down or cut out pictures from magazines.

OR 

-  Think of a meal you had this week ... identify where you are on the [food color spectrum](#). How many green foods, red foods, and white (grain) foods do you eat in a day?

## ***Additional Resources***

## Kid's Healthy Eating Plate

## Children's Nutrition





## Additional Resources

[Do Stress Balls Work?](#)

[How to Make Stress Your Friend](#)

Stress is common when you're feeling mental pressure, but not all stress is bad! A small amount can be good. It can motivate you to accomplish a challenge or solve problems, which can help build confidence. However, too much stress can affect your mood, wellbeing, and relationships with people around you.

Being able to identify emotions and feelings, and learning to express them in a healthier way, can calm the mind and redirect you towards something more positive. Try out some of the stress busters below!

### CHOICES – DO ONE:

#### ☐ **Stress Recovery**

Make your own stress ball. Stress balls can be used to release pent up energy and help us focus better. All you need is flour, a balloon, & an empty bottle!

[\\*DIY stress ball YouTube video](#)



#### ☐ **Feeling Fidgety?**

Make your own fidget spinner! A fidget spinner may help you to focus better or relieve nervous energy, anxiety, or stress.

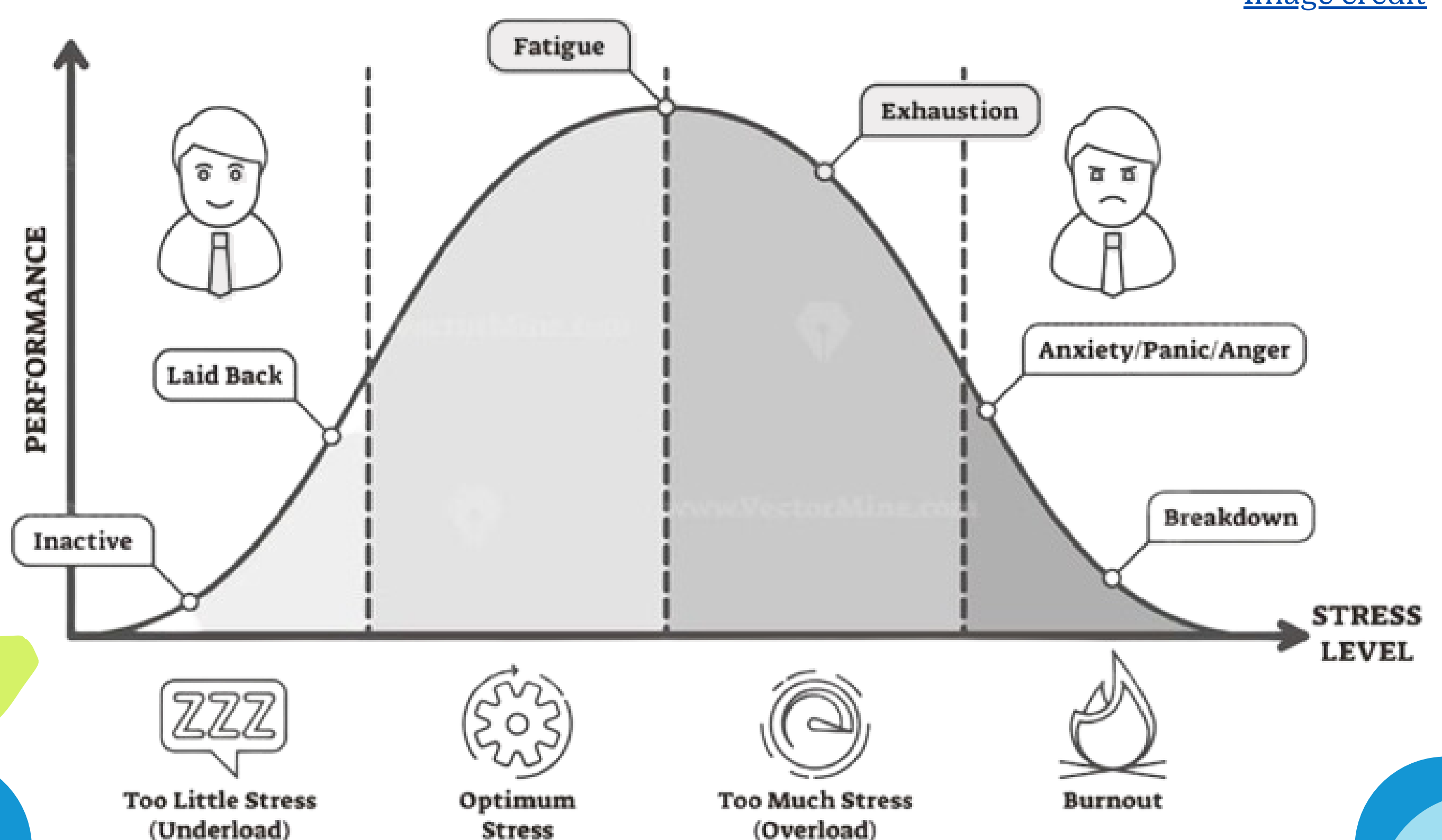
[\\*See how to make your own fidget spinner!](#)



A Stress Curve shows how performance is affected by too little or too much stress!

## STRESS CURVE

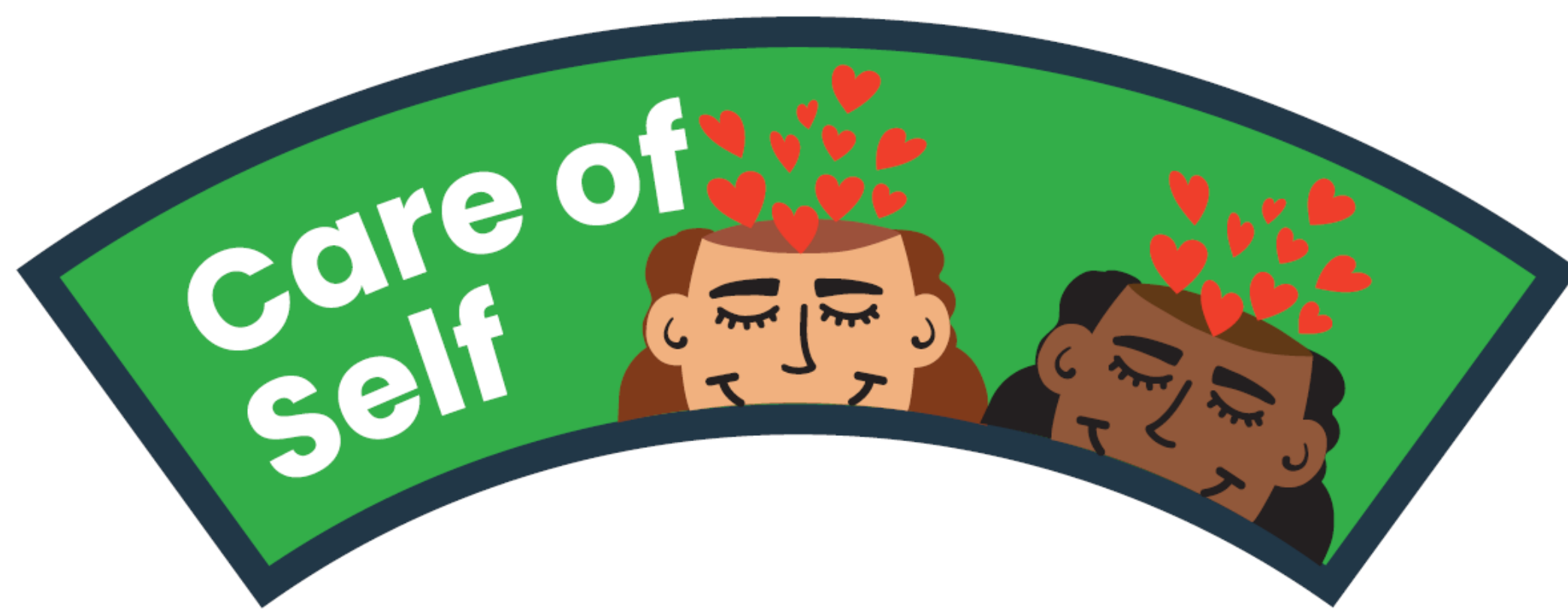
[Image credit](#)





STEP

4



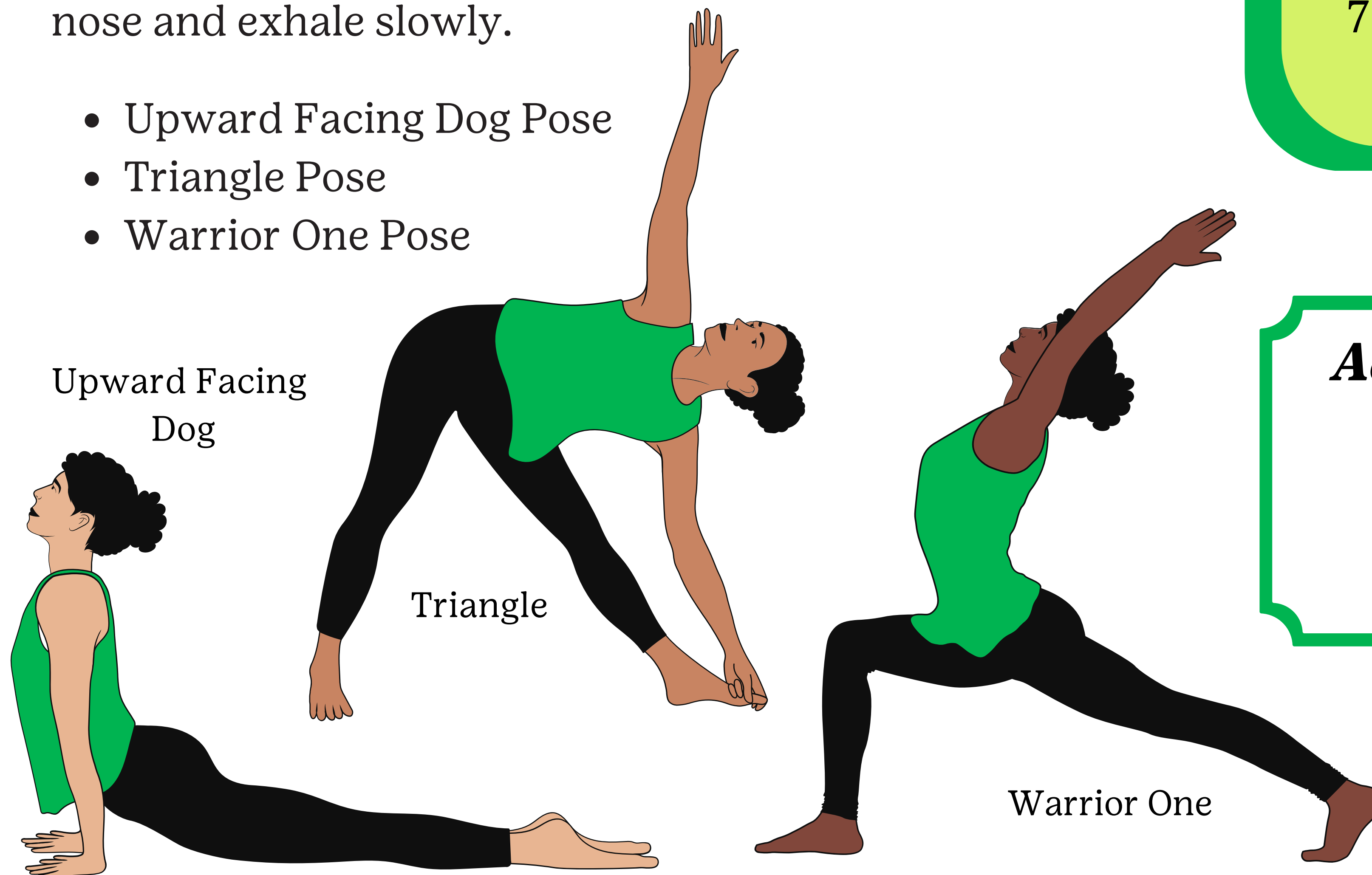
Self-care is taking the time to do things that help you live well and improve both your physical and mental health. Self-care can help you manage stress, lower your risk of illness and increase your energy. What are some ways you care for yourself?

CHOICES – DO ONE:

### ☐ ***Try a Yoga Pose!***

Try the yoga poses below or look up your own! Hold all poses for 10-30 seconds and breathe deeply through your nose and exhale slowly.

- Upward Facing Dog Pose
- Triangle Pose
- Warrior One Pose



OR .....

### ☐ ***Make a Mindful Breathing Stick***

*Being mindful is the opposite of rushing or doing too many things at once. To be mindful, you slow down and focus on one thing at a time.*

Having a mindful breathing stick is helpful when you want to feel calm, peaceful, and relaxed. See how to make one [here](#)! As you breathe, move your beads over to one side until you feel calm again.

## ***Yoga Benefits***

1. Yoga improves strength, balance and flexibility.
2. Yoga benefits heart health.
3. Yoga relaxes you, to help you sleep better.
4. Yoga can mean more energy and brighter moods.
5. Yoga helps you manage stress.
6. Yoga promotes better self-care.
7. Yoga improves mental health.

### ***Additional Resources***

[Cosmic Kids Yoga](#)  
[Wheelchair Yoga](#)  
[Body Positive Yoga](#)



[Image credit](#)



## ***Random Acts of Kindness!***

- Compliment someone.
- Recycle plastic bottles.
- Visit a nursing home.
- Share toys with a sibling or friend.
- Help a neighbor with yardwork.
- Do an extra chore at home.
- Bake cookies for someone.
- Eat with someone new at lunch.
- Make a birdfeeder.
- Help clean up a mess.
- Give someone a hug.
- Smile at a stranger.
- Let someone go in front of you in line.
- Tell your family that you love them.
- Write kind words on rocks and leave them at a park.
- Call a grandparent just to say hi.



STEP

5

Care of  
Others



Being kind and thoughtful means making yourself aware of the needs and feelings of others, and then taking action to help them! It means taking the time to put the spotlight on somebody else's needs, and to think what you can do to make that person's life a little better or easier!

CHOICES – DO ONE:



### ***Do a Random Act of Kindness***

Who in your family or community could use some extra help? What can you take off their plate as a way to show kindness? Pick up an extra chore, arrange an activity at a nursing home or afterschool, or help a neighbor with their lawn. Try any one of these random acts of kindness and see how it makes both you and them feel!

Get inspired with this [video](#)!

OR



### ***Thank you ... for being you!***

Write a thank-you card to someone in your community, like a healthcare worker at Tampa General Hospital, or write a note to someone who could use a "pick me up."





STEP

# 6 Take Action!



Now, take action and share what you have learned with your family, community, or school!

## Here are some examples:

- Challenge yourself and your family / friends to a movement challenge for a week. Go on a walk or do a short workout session 3x a week. Remember to explain to them why movement is so important. Keep a step-tracking log to see who gets the most steps at the end of the week!
- Join the [Tampa Wellness Walk](#) with our Tampa General Partners or walk with a Doc the second Saturday of each month at Gwen Miller Recreation Center!
- Create a nutrition campaign and promote healthy eating in your school or community!
- Volunteer at the TampaWell Community Garden with your troop. Contact Farmer Jenise at [jcarr@tgh.org](mailto:jcarr@tgh.org).
- Volunteer at the Food Pharmacy and learn how food can be medicine.
- Put together a wellness event or campaign for your school or community.
- Try a variety of meditation, fitness and nutrition [apps](#) to help motivate your TampaWell journey!
- Gather your troop to support the TampaWell mural painting in November 2023 or download the TampaWell app and participate in an activity or event near you!



*As you complete each pillar, don't forget to pick up your free patch and rockers at the GSWCF Leadership center! Fill out [this form](#) once complete!*



# GLOSSARY OF KEY HEALTH TERMS

Antioxidants: man-made or natural substances that may prevent or delay some types of cell damage. Antioxidants are found in many foods, including fruits and vegetables.

Circulation: the movement of blood through the vessels of the body that is induced by the body through the pumping action of the heart. Circulation distributes nutrients and oxygen to and remove waste products from all parts of the body

Immune function: refers to the main tasks of the body's immune system: 1) to fight disease-causing germs (pathogens) like bacteria, viruses, parasites or fungi; 2) to remove pathogens from the body and to recognize and neutralize harmful substances from the environment and ; 3) to fight disease-causing changes in the body, such as cancer cells.

Vitamins: substances that your body needs to grow and develop normally. There are 13 vitamins your body needs. They are: Vitamin A, B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B-6, vitamin B-12 and folate), Vitamin C, Vitamin D, Vitamin E & Vitamin K

Minerals: Minerals are important for your body to stay healthy. Your body uses minerals for many different jobs, including keeping your bones, muscles, heart, and brain working properly. Minerals are also important for making enzymes and hormones. There are two kinds of minerals: macrominerals (calcium, phosphorus, magnesium, sodium, potassium, chloride and sulfur ) and trace minerals (iron, manganese, copper, iodine, zinc, cobalt, fluoride and selenium).

Blood pressure: pressure of the blood on the walls of blood vessels and especially arteries that varies with physical condition and age

Cholesterol: a waxy, fat-like substance that's found in all the cells in your body. Your body needs some cholesterol to make hormones, vitamin D, and substances that help you digest foods. Your body makes all the cholesterol it needs. If you have too much cholesterol in your blood, it can combine with other substances in the blood to form plaque. Plaque sticks to the walls of your arteries.

Glucose: the main sugar found in your blood. It is your body's primary source of energy. It comes from the food you eat. Your body breaks down most of that food into glucose and releases it into your bloodstream. When your blood glucose goes up, it signals your pancreas to release insulin. Insulin is a hormone that helps the glucose get into your cells to be used for energy.

Anxiety: a feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to stress. For example, you might feel anxious before taking a test or before making an important decision. It can help you to cope. The anxiety may give you a boost of energy or help you focus.

Depression: a state of feeling sad for persistently long periods and interferes with your daily life. It is a serious medical condition and can occur at any age.