



## Healthy Minds and Healthy Girls

### Description:

Mental Health can affect many areas of children's lives, including their happiness, physical health and academic performance. Children face a great deal of pressure between school, sports challenges at home and activity on social media. Simply Healthcare and the Florida Chapter of the American Academy of Pediatrics (FCAAP) have partnered together on the Simply Healthy Minds toolkit. The resources paired with this patch program are to help girls navigate their way through life's challenges while maintaining healthy and positive mental health. Patches can be ordered directly through GSWCF by filling out [THIS FORM](#).

### Requirements- Daisy, Brownie, Junior:

- Complete three (3) activities from the DISCOVER category
- Complete three (3) activities in the CONNECT category
- Complete one (1) activity from the TAKE ACTION category

### DISCOVER:

1. What does it mean to be mindful? [Mindful Coloring](#) [Virtual Coloring App](#) [Gratitude Dice](#)
2. What are feelings? [Feelings Posters](#) [Tic-Tac-Feelings](#)
3. What to do when you make a mistake [Mistakes Are Ok](#)
4. Who are the people or places to go that can help you in an emotional crisis?
5. Learn how to help yourself through stress

### CONNECT:

1. Have a yoga session with your troop and/or family
2. Invite a mental healthcare professional to come speak to your troop
3. Remind your friends that you are always there for them [Friendship Bracelet Template](#)
4. Play the Gratitude Dice game with someone [Gratitude Dice](#)

### TAKE ACTION:

1. Start a journal to keep track of your feelings, gratitude and growth [Emotional Check-In Journal](#)
2. Assign 5 minutes for 5 troop meetings where your fellow scouts can emotionally check in with each other (if you are a Juliette try doing this with your family at meal times for a week).

### **Requirements- Cadette, Senior, Ambassador**

- Complete three (3) activities from the DISCOVER category
- Complete three (3) activities from the CONNECT category
- Complete (2) activities from the TAKE ACTION category

### **DISCOVER:**

1. What is emotional intelligence? [Emotional Intelligence](#)
2. Discover Ways to avoid Stress Buildup
3. Ways to cope with loss and grief [5 Ways to Cope When Losing a Loved One](#)
4. How does social media affect the way you feel?
5. What are some safe spaces near you that promote positivity
6. Who are some people around you that can help you in a mental crisis

### **CONNECT:**

1. Talk to your parents or guardians about depression [Communication Tips](#)
2. Have an emotional check-in with your troop
3. Practice calming down with friends/family/fellow Girl Scouts with yoga [Beginners Yoga Poses](#)
4. Invite a mental health professional to come speak to your troop

### **TAKE ACTION**

1. Create a personal stress management plan [Tips for creating a stress management plan](#)
2. How can you help to create a safe space within your troop to promote healthy conversations about mental health
3. Take a Mental Health First Aid course [National Council for Mental Wellbeing](#)

For more resources and activities please visit: <https://simplyhealthyminds.com/>