



Activity Guide

Welcome to Your 8 Ways to Thrive Holistic Wellness Badge Discovery Kit!

Congratulations on taking the first step toward exploring the big picture of wellness! This kit is designed to help you discover the 8 Ways to Thrive—mental, physical, emotional, social, spiritual, environmental, financial, and intellectual wellness. Through fun activities, meaningful resources, and the support of experts from U!Shine and OCU Nursing, you'll gain tools to build a balanced, thriving life.

Whether you're working on this kit alone or with your troop, each step brings you closer to understanding yourself, setting personal goals, and earning badges that celebrate your growth. Dive in, take your time, and remember—wellness isn't a destination; it's a journey. Let's get started!

Patches earned:

Daisy	Brownie	Junior	Cadette	Senior Ambassador
Resilient. Ready. Strong. and Mental Health Awareness	Resilient. Ready. Strong. and My Best Self	Resilient. Ready. Strong. and Knowing My Emotions and Mental Wellness	Resilient. Ready. Strong and Finding My Voice Mental Wellness	Resilient. Ready. Strong. and Showing Up for Me and You Mental Wellness Patch

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We can't wait to see all the amazing ways you're engaging with the 8 Ways To Thrive activities! Snap some photos of your troop's creative journey and share them with us. Tag us on social media or send your best shots to the council by emailing stamakuwala@gswestok.org





Daisy Activity Summary

1. Gratitude Garland: Create a colorful garland of positive thoughts to reflect on gratitude and share what makes each girl happy. A great way to practice emotional wellness while fostering positivity.

2. Self-Care Dance Party

Get moving and have fun with a dance party that keeps your body strong and your heart happy.

3. Nature Walk and Scavenger Hunt

Explore the outdoors with a fun scavenger hunt that encourages you to see, hear, feel, and appreciate the beauty of nature.

4. Friendship Bracelets

Make a friendship bracelet to share kindness and remind yourself of the importance of being a good friend. Thanks you to U!Shine for providing this activity. Check out the QR code to learn more about U!Shine.

5. Positivity Garden Craft

Create a garden full of colorful flowers with positive messages to inspire yourself and others.

6. Feelings Faces Craft

Learn about emotions by creating fun “Feelings Faces” that show how you feel and ways to express your emotions.

7. Save with a Piggy Bank

Learn about coins, their values, and the importance of saving money for something special with your very own piggy bank.

8. My Girl Scout Adventure Mad Libs

Get creative and silly by filling in blanks to write your own fun and surprising Girl Scout-themed story.



Brownie Activity Summary

1. Gratitude Garland: Create a colorful garland of positive thoughts to reflect on gratitude and share what makes each girl happy. A great way to practice emotional wellness while fostering positivity.

2. Mindful Moments Breathing Exercise: Learn simple breathing techniques to relax, reduce stress, and focus on mental wellness. A quick and calming activity for managing emotions.

3. Exercise and Nutrition Fun: Engage in fun physical activities and learn about healthy eating. This activity combines movement with educational games about nutrition to promote physical and nutritional wellness.

4. Friendship Bracelets: Craft meaningful bracelets to celebrate friendship. Girls create one bracelet for themselves and one for a friend, promoting kindness and social wellness. Thank you to U!Shine for providing this activity. Check out the QR code to learn more about U!Shine.

5. Inspirational Bookmark Craft: Design uplifting bookmarks with positive messages or images. This craft fosters creativity and serves as a daily reminder of spiritual strength and encouragement.

6. Water Bottle Wellness: Decorate reusable water bottles and learn about the benefits of hydration for health and the environment. A hands-on activity that combines physical and environmental wellness.

7. Save with a Piggy Bank: Explore coin values and set savings goals. This fun financial activity teaches the importance of saving money while practicing decision-making skills.

8. Self-Care Challenge Calendar: Follow a 30-day calendar of self-care activities, from dancing to deep breathing. This ongoing challenge promotes intellectual wellness and healthy habits. Thank you to OCU Kramer School of Nursing for this activity



Junior Activity Summary

1. Gratitude Reflection Journal:

Create a gratitude journal with thoughtful prompts and personalized decorations to reflect on positive moments and emotional wellness.

2. Advanced Breathing and Visualization: Practice deep breathing and visualization techniques with calming strips to manage stress and enhance relaxation.

3. Exercise and Nutrition Fun: Engage in physical activity and explore healthy eating habits with interactive worksheets and movement exercises.

4. Friendship Bracelets with Meaning: Design meaningful bracelets using colors and patterns to represent the qualities of friendship, kindness, and trust. Thank you to U!Shine for providing this activity. Check out the QR code to learn more about U!Shine.

5. Goal-Oriented Bookmark Craft:

Create motivational bookmarks with affirmations or goals to inspire ongoing positivity and spiritual growth.

6. Water Bottle Impact Tracker:

Decorate a reusable water bottle, track hydration, and learn about the health and environmental benefits of reducing plastic waste.

7. Knowing My Emotions Art Activity: Explore emotions through creative art by using colors, designs, and symbols to express feelings and improve emotional awareness.

8. Self-Care Challenge Calendar:

Complete a 30-day calendar of self-care activities, like dancing, deep breathing, and gratitude journaling, to build healthy habits. Thank you to OCU Kramer School of Nursing for this activity



Cadette Activity Summary

1. Gratitude Reflection Journal:

Reflect on gratitude by creating a personalized journal with thoughtful prompts, fostering emotional wellness and positivity.

2. Advanced Visualization and Watercolor Mapping with Mini Mindfulness Coloring: Explore emotions through mindfulness techniques and creative watercolor art, with an option to use mini mindfulness coloring books for added reflection.

3. Physical Wellness Bingo: Stay active and make healthy choices by completing a fun bingo card filled with movement and nutrition challenges.

4. Friendship Bracelets: Craft meaningful bracelets for yourself and a friend to celebrate the importance of kindness and connection in friendships. Thanks you to U!Shine for providing this activity. Check out the QR code to learn more about U!Shine.

5. Personal Mission Statement: Reflect on your values and strengths to create a personal mission statement that inspires your future actions and spiritual growth.

6. Hydration and Habit Tracker: Decorate a reusable water bottle and track hydration habits while learning about the health and environmental benefits of staying hydrated.

7. Eco-Wellness Plan: Design a plan to improve your local environment by identifying actions you can take at home, school, and in your community to support sustainability.

8. Self-Care Challenge Calendar: Follow a 30-day calendar of self-care activities to build healthy habits and support intellectual wellness. Thank you to OCU Kramer School of Nursing for this activity.



Senior / Ambassador Activity Summary

1. Personal Gratitude Mandala: Reflect on gratitude and create a unique mandala using designs, patterns, and words that represent what you're thankful for.

2. Nature-Inspired Watercolor Reflections: Use watercolor techniques and dried flowers to create a painting that reflects your connection to nature and its impact on your well-being.

3, My Personal Wellness Challenge: Design a 7-day personal challenge to improve physical activity and nutrition, tracking your progress and exploring new habits.

4. Stress Management Toolkit: Learn stress management techniques using a calming strip, stress ball, mini mindfulness coloring book, and UShine workbook to create a personalized toolkit. Thank you to U!Shine for providing an entire workbook for this activity. Check out the QR code to learn more about U!Shine.

5. Personal Mission Statement: Reflect on your values and strengths to craft a personal mission statement that represents who you are and inspires your future actions.

6. Personal Wellness Inventory: Reflect on your strengths and areas for growth by completing a wellness inventory that rates different aspects of your well-being and identifies actions to improve.

7. Wellness Inspiration Wall: Build a collaborative or personal wall of uplifting messages, affirmations, and goals using sticky notes, inspirational quotes, and a corkboard.

8. Self-Care Challenge Calendar: Follow a 30-day self-care challenge to build healthy habits with daily activities that nurture overall wellness and intellectual growth. Thank you to OCU Kramer School of Nursing for this activity