

Mental Wellness Challenge

May is Mental Health Awareness Month.

Mental illness affects one in every five people. During this Mental Wellness Challenge, you will learn how to discover, connect, and take action around your mental health and others.



DID YOU KNOW . . .

- 70% of U.S. teens suffer from loneliness.
- Sadness or hopelessness, as reported by high school students, increased by 40% between 2009 and 2019.
- Emergency room visits nearly tripled for 10- to 14-year-old girls after deliberately harming themselves in 2015 compared to 2010.
- Suspected suicide attempts were 51% higher for girls in early 2021 compared to the same time period in early 2019.
- Major depression among teen girls increased from 12% to 20% from 2011 to 2017.
- Suicide rates among 10- to 24-year-olds increased by 57% between 2007 and 2018.

Number of Activities Required Per Grade Level

Daisy	Brownie	Junior	Cadette	Senior	Ambassador
10	10	10	15	15	15

All Girl Scouts should complete #28: Grow a daisy!

MENTAL WELLNESS ACTIVITIES

<input type="checkbox"/>	1. Create a Mindfulness Journal. This could be as simple as taking a few minutes each morning to write down what kind of day you want to have (visualizing it helps!), what you want to focus on, what you want to accomplish, and why it's important to you.
<input type="checkbox"/>	2. Learn the 5-4-3-2-1 Grounding Exercise. We've included a sheet explaining the activity.
<input type="checkbox"/>	3. Practice meditating in your favorite outdoor space.
<input type="checkbox"/>	4. Write a DAILY positive affirmation for yourself. Post them where you can see them all together, all month long. There's value in patting yourself on the back. Positive affirmations are short statements that can help brighten your outlook on the world when you say them to yourself regularly.
<input type="checkbox"/>	5. Everyone needs a pat on the back and a high five. Make a second copy of the daily affirmation that you write for yourself and share it with someone else to brighten their day too.
<input type="checkbox"/>	6. Name at least five emotions and draw your own special emojis representing those emotions.
<input type="checkbox"/>	7. Write a person-first sentence to describe your unique strengths and talents. Then, pick someone you care about and write a person-first sentence to describe them and share it with them. We've included an example.
<input type="checkbox"/>	8. Create your own Mental Health Safety Plan. This plan includes what you would do, and who might support you, in times of crisis. They include distraction techniques to help you get through the next seconds or minutes. We've included a Mental Health Safety Plan Template for you.
<input type="checkbox"/>	9. Learn some yoga poses. We've even included a sample of some fun and easy yoga poses for you to try.
<input type="checkbox"/>	10. Listen to some calm music during a stressful moment.
<input type="checkbox"/>	11. Make aromatherapy play dough. We've included a recipe for you to try.
<input type="checkbox"/>	12. Make bath bombs. These are easy to make using simple ingredients you can find in your kitchen. We've provided a recipe to try.

<input type="checkbox"/>	13. Blow bubbles.
<input type="checkbox"/>	14. Write a haiku poem about your feelings.
<input type="checkbox"/>	15. Practice asking for help.
<input type="checkbox"/>	16. Write a name poem using the letters of your first name (and maybe your last name too) where each letter represents something AWESOME about YOU.
<input type="checkbox"/>	17. Write in a journal about showing empathy.
<input type="checkbox"/>	18. GRead a book from the list provided.
<input type="checkbox"/>	19. Learn about Look Think Care. We've included information to help get you started.
<input type="checkbox"/>	20. Take a break during a busy day and dance, alone or with someone else—even your best four-legged furry friend or your favorite stuffed animal.
<input type="checkbox"/>	21. Watch something funny on YouTube. Make sure what you are watching is appropriate and not harmful or offensive to someone else.
<input type="checkbox"/>	22. Go for a run or ride a bike.
<input type="checkbox"/>	23. With a friend, write two things you have in common and two differences. Celebrate the differences.
<input type="checkbox"/>	24. Recite the Girl Scout Promise and Law and reflect on what it means.
<input type="checkbox"/>	25. Make a list of what makes you happy and carry it with you.
<input type="checkbox"/>	26. Create a mandala. A mandala is a symbol of the universe for many Buddhists and Hindus. Most mandalas have colorful, detailed geometric patterns or designs. We have provided an example.
<input type="checkbox"/>	27. Make a poster sharing a positive message with others and post it where they will be sure to see it. Some examples might be "Support is a SUPER POWER," or "YOU are Important," or "I am here for you."
<input type="checkbox"/>	28. Grow a daisy!
<input type="checkbox"/>	29. Take a walk around your neighborhood and say "Hello, have a great day" to everyone you see on your journey.
<input type="checkbox"/>	30. Help someone else accomplish a task or goal. This could be helping a younger sibling with their homework or helping a fellow Girl Scout finish a project.
<input type="checkbox"/>	31. Practice 4-4-4 box breathing. Breathe in for a count of 4, hold for a count of 4, breathe out for a count of 4, and hold for a count of 4.

GROUNDING TECHNIQUE

5-4-3-2-1 GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

Instructions: Sitting or standing, take a deep breath in, and complete the following questions.

5

5 things you can see



4

4 things you can touch



3

3 things you can hear



2

2 things you can smell



1

1 thing you can taste



EMOTIONS

An emotion is a feeling such as happiness, love, fear, anger, or hatred, which can be caused by the situation that you are in or the people you are with. Draw five emojis of different emotions.

PEOPLE FIRST LANGUAGE

Examples of what you should say:	Examples of what you should not say:
John has a disability.	He's handicapped.
Amy has autism.	She's autistic.
Jack is experiencing a mental health condition/illness.	They're crazy.
Suzy was diagnosed with depression.	They're so depressed.

SAFETY PLANS WORK

There is hope.



1. Write 3 warning signs that a crisis may be developing.

2. Write 3 internal coping strategies that can take your mind off your problems.

3. Who/What are 3 people or places that provide distraction?
(Write name/place and phone numbers)

_____ Phone _____
_____ Phone _____
_____ Phone _____

4. Who can you ask for help? (Write names and phone numbers)

_____ Phone _____
_____ Phone _____
_____ Phone _____

5. Professionals or agencies you can contact during a crisis:

Clinician: _____ Phone _____
Local Urgent Care or Emergency Department:
Address _____ Phone _____

Call or text 988 or chat 988lifeline.org

6. Write out a plan to make your environment safer.
(Write 2 things)



BEGINNER YOGA POSES FOR KIDS



Cow Pose



Cat Pose



Child Pose



Downward Facing Dog



Boat Pose



Cobra Pose



Corp Pose



Tree pose



Warrior 1 Pose



Standing Forward Bend Pose



Raised Hands Pose

Intermediate Yoga Poses for Kids



Lunge Pose



Warrior 3 Pose



Warrior 2 Pose



Chair Pose



Plank Pose



Plow Pose



Bow Pose



Camel Pose



Extended Side Angle



Shoulder Stand

DIY AROMATHERAPY PLAYDOUGH FOR STRESS RELIEF

Ingredients:

1 cup all-purpose flour
1/2 cup salt
2 teaspoons cream of tartar
1 cup water
1 1/2 tablespoons olive or other cooking oil
6-8 drops essential oil of your choice
food coloring of your choice

Directions:

1. Mix the dry ingredients. Begin by measuring the dry ingredients: 1 cup flour, 1/2 cup salt, and 2 teaspoons cream of tartar. Mix together in a large saucepan.
2. Add the wet ingredients. Then it's time for the wet ingredients (except the essential oil): 1 cup water, 1 1/2 tablespoons cooking oil, and a few drops of food coloring. Add these to the saucepan and mix well.
3. Heat up the mixture for approximately 5 minutes. Place the saucepan on the stovetop over medium-low heat. Stir constantly until the mixture begins to clump and form a ball. Stovetops vary, but this may happen faster than you expect—about 5 minutes or less.
4. Remove from the stovetop to cool. Remove the ball of dough from the saucepan and set on a sheet of parchment paper to cool for a few minutes. Be careful that the dough isn't too hot to handle before you proceed.
5. Knead the essential oil into the dough: Add a few drops of your choice of essential oil into the dough. The amount you use will depend on the strength of the oil you've chosen and your own preference. Start with about 6 drops and add more, if desired. Knead the oil into the dough to distribute.
6. Squeeze and play your stress away: Store in an airtight container and use within one week.

BATH BOMBS

Supplies Needed:

Bath bomb molds

4 ounces baking soda

2 ounces cornstarch

2 ounces citric acid

2 ounces epsom salt

1 to 1 1/2 teaspoons water

5-10 drops essential oil of your choice

1 1/4 teaspoon oil (we like coconut or olive oil here)

1-2 drops food coloring (optional)

Directions:

1. In a bowl, combine the dry ingredients (the first four listed above). Whisk to remove any clumps (cornstarch tends to be clumpy). In a small glass jar, stir together the wet ingredients (the last four ingredients listed).
2. If you're using coconut oil, give it a quick melt in the microwave or stovetop so it will easily combine with the other ingredients.
3. Slowly pour the liquid mixture in with the dry mixture, whisking as you go. If you see the mixture fizz or foam, you may be adding the liquid too quickly.
4. Once the wet and dry ingredients are combined, take a small amount in your hand and squeeze it together. It should stick together fairly well in one or two big chunks.

HAIKU POEMS

(first line 5 syllables, second line 7 syllables, third line 5 syllables)

NAME POEM

RESOURCES

A Boy and a Bear: The Children's Relaxation Book by Lori Lite (ADHD) (for children ages 3-10)
Gordy the Rabbit has ADHD by Jessie Shepherd (What Mental Disorder series) (for children)
Marvin's Monster Diary—ADHD Attacks! by Raun Melmed and Annette Sexton (for children ages 7-11)
I Was So Mad by Mercer Meyer (Little Critter series) (for children ages 3-7)
What To Do When Your Temper Flares by Dawn Heubner (for children ages 8-12)
What Were You Thinking? Learning to Control Your Impulses by Brian Smith and Lisa Griffen (for children ages 3-7)
When Sophie Gets Angry – Really, Really Angry by Molly Bang (for children ages 4-8)
David and the Worry Beast: Helping Children Cope with Anxiety by Anne Marie Guanci (for children ages 4-9)

Don't Feed the WorryBug by Andi Green (Worry Woo Monsters series) (for children)

Every Last Word by Tamara Ireland Stone (OCD, recovery) (ages 13+)

Panicosaurus by Kay Al-Ghani (anxiety) (for children ages 6-11)

The Lion Who Lost His Roar: A Story of Facing Your Fears by Marcia Shoshana Nass (for children ages 4-8)

The Thought That Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder by Jared Kant and Martin Franklin (for teenagers)

Up and Down the Worry Hill by Aureen Pinto Wagner (OCD) (for children ages 7-10)

What To Do When Your Brain Gets Stuck by Dawn Heubner (OCD) (for children ages 8-12)

What To Do When You Worry Too Much—A Kid's Guide to Overcoming Anxiety by Dawn Heubner (for children ages 8-12)

What To Do When You're Scared and Worried—A Guide for Kids by James Crist (Anxiety) (for children ages 8-12) (

What You Must Think of Me: A Firsthand Account of One Teenager's Experience with Social Anxiety Disorder by Emily Ford and Michael Liebowitz (for teenagers)

Wilma Jean the Worry Machine by Julia Cook (Anxiety) (for children ages 5-8)

Autism: What does it mean to me?: A Workbook Explaining Self-Awareness and Life Lessons to the Child or Youth with High Functioning Autism or Aspergers by Faherty and Mesibov (for children and adults)

Superflex Takes on Glassman and the Team of Unthinkables (comic book for ASD/autism) by Stephanie Madrigal and Michelle Garcia Winner (for K-5th grade students)

You are a Social Detective by Michelle Garcia Winner and Pamela Crooke (Autism) (for children)

Blueloon by Julia Cook (depression) (for children ages 5-8)

Brandon and the Bipolar Bear—A Story for Children with Bipolar Disorder by Tracy Anglada and Jennifer Taylor (for children ages 4-12)

Brianna and the Blue Monster: A Cognitive Behavioral Story for Children with Depression by Patience Domowski (for children)

Eight Stories Up: An Adolescent Chooses Hope over Suicide by Quincy Levine and David Brent (for teenagers)

Josh Wears a Red Cape: The Little Boy Who Beat the Bipolar Villain by Deborah Rose (for children)

Meh by Deborah Malcolm (depression) (for children ages 6-10)

Michael Rosen's Sad Book by Michael Rosen (for teenagers)

Mind Race: a Firsthand Account of One Teenager's Experience with Bipolar Disorder by Patrick Jamieson (for ages 12-17)

Monochrome Days: A First-Hand Account of One Teenager's Experience with Depression by Cait Irwin and Dwight L. Evans (for teenagers)

Sadly the Owl by Linnie von Sky (depression) (for children ages 5-7)

The Hyena Who Lost Her Laugh by Jessica Lamb-Shapiro (depression and CBT = cognitive behavioral therapy) (for children)

The Mindful Way Workbook: An 8-Week Program to Free Yourself from Depression and Emotional Distress by John Teasdale, Mark Williams, and Zindel Segal (depression and MBCT = mindfulness-based cognitive therapy) (for teens+)

The Princess and the Fog by Lloyd Jones (depression) (for children ages 5-7)

A Boy and a Bear: The Children's Relaxation Book by Lori Lite (ADHD) (for children ages 3-10)

Eggbert the Slightly Cracked Egg by Tom Ross (self-esteem) (for children ages 4-8)

Giraffes Can't Dance by Giles Andreae (self-esteem) (for children ages 4+)

Grow Happy by Jon Lasser (resiliency) (for children ages 4-8)

Meet Little Monster by NAMI Washington (for children)

My Different Colored Days – A Story About Feelings by Community Care Behavioral Health Organization (for ages 4-19)

My Many Colored Days by Dr. Suess (emotions) (for children ages 2-5)

My Quiet Ship by Hallee Adelman (emotions) (for children ages 3-7)

Peaceful Piggy Meditation by Kerry Lee Maclean and Kerry Maclean (relaxation) (for children ages 4-8)

Peaceful Piggy Yoga by Kerry Lee Maclean (relaxation) (for children ages 4-8)

The Can Do Duck by Ducktor Morty (self-esteem) (for children)

The Little Red Ant and the Great Big Crumb: A Mexican Fable retold by Shirley Climo (self-esteem) (for children ages 4-7)

The Way I Feel by Janan Cain (emotions) (for children ages 3+)

Today I Feel silly and Other Moods that Make My Day by Jamie Lee Curtis (for ages 4-8)

What To Do When You Grumble Too Much by Dawn Huebner (for ages 8-12)

LOOK—THINK—CARE



LOOK

Look at the other person.
How are they feeling?
What is their body language?

THINK



Think about a time that you felt that way.
How would you want someone to treat you?

CARE

Show them you care!
Is there anything you can do to help?



GIRL SCOUT PROMISE AND LAW



Girl Scout Promise

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.



Girl Scout Law

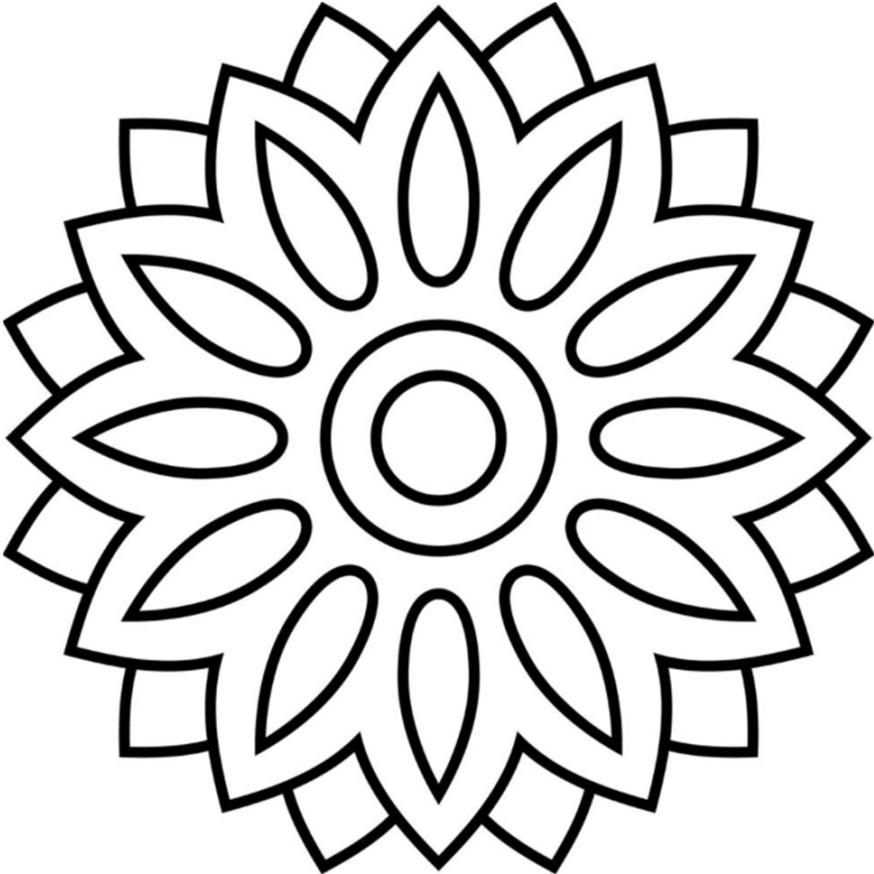
On my honor, I will try:
To serve God* and my country,
To help people at all times,
And to live by the Girl Scout Law.

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong,
and responsible for what I say and do,
and to respect myself and others,
respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.

*Members may substitute for the word God in accordance with their own spiritual beliefs.

CALMING COLORING

Color the mandala.



Draw your own mandala.