

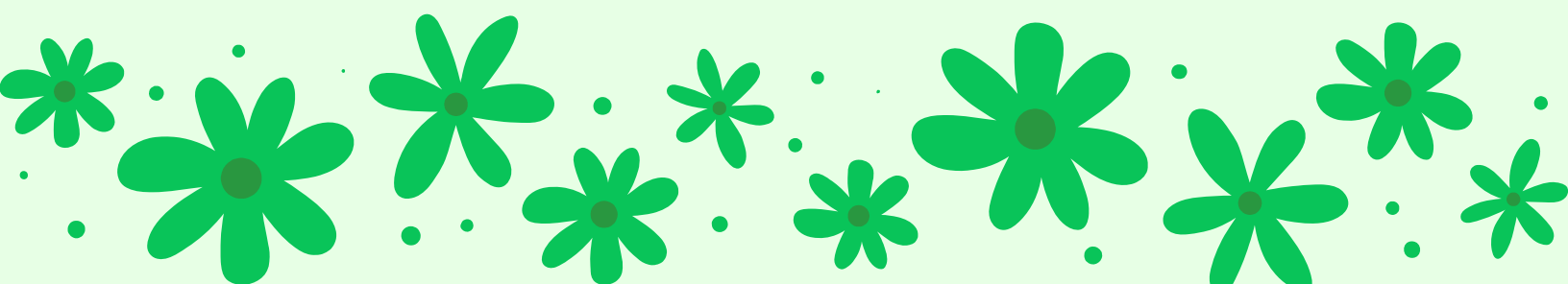


**A Girl Scout Patch Program
Created by Acadia Gelineau
Troop 12192
Nashua, New Hampshire**

Mighty Minds

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Daisies

DEFINE

Activity One: Let's Define Worry and Stress: 5 minutes

1. During this patch program, we will be talking a lot about stress and anxiety or worry. Have you heard the words stress or worry before?
2. Ask if any of the girls can tell you what the words stress and worry might mean.
3. **Tell the Girls the true definition:** Stress is something that everyone feels at one time or another. It is a normal reaction to changes, when we feel under pressure or when things are challenging for us. For example, the first day of school, being in the school concert or play, or when we have a changing family situation. Stress can become a problem when it lasts a long time or becomes overwhelming. When this happens it is very important to come up with strategies to help our body calm down.

Activity Two: Read a Book About Worry: 25 minutes

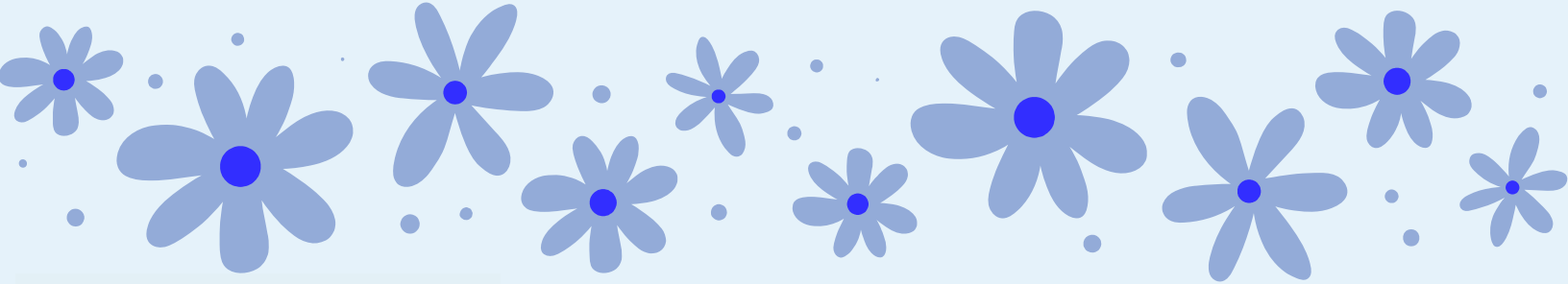
Instructions: Pick ONE of the book choices below to read or watch the youtube video of the book being read. After, use the Facilitator Discussion Questions Sheet (attached) to discuss different feelings and how they can exhibit themselves.

Options/Recommended books to discuss this topic:

- Listening to My Body by Gabi Garcia
- My Incredible Talking Body by Rebecca Bowen
- Millie's Mighty Mind by Acadia and Aimee Gelineau

Materials:

- chosen book or youtube video on the chosen book
- Facilitator Discussion Questions sheet



RECOGNIZE

Activity One: Body Diagram: 15 minutes

Instructions: pass out the handout. Have everyone complete their own handout. The girls can draw or write out what is happening in their bodies.

Read: Everyone's body behaves differently when they experience worry or stress. It is really important to learn to recognize how our bodies are feeling when we are having big feelings, like feeling angry, sad, scared, or worried. When we start to recognize the clues our bodies give us when we are feeling big feelings we are able to know that we might need to try something to help our bodies calm down. This is what we are going to talk about next!

If the girls are having a difficult time completing the handout on their own, this can be done as a whole group discussion with a large piece of paper and labeling the group's ideas. Examples might include butterflies in your stomach, tears, facial expressions, frozen muscles, etc...

Materials:

- Body Diagram handout (attached-page 31) one for each girl
- Pencils
- Crayons
- Markers

If completing the activity in a large group...

- Poster paper

Activity One: Coping Skills Toolbox or Notebook

Instructions: For the duration of the patch program, you will be creating a Coping Toolbox or Coping Notebook. Pick **ONE** of these. As you create each fidget or gain a new coping tool, add it to your coping toolbox or notebook!

Materials for Coping Toolbox:

- A pencil box or pencil pouch for each girl
- Markers to decorate the case (optional)
- Hole Punch
- 1-inch binder rings: 2 per girl
- Instructions (attached)

Materials for Coping Notebook:

- A notebook for each girl
- Glue sticks, tape, or staples
- Markers to decorate the notebook (optional)
- Instructions (attached)

Activity Two: Sensory Tools and Homemade Fidgets

Instructions: Sensory tools or fidgets can be a helpful way to refocus your mind and self-soothe when feeling anxious or stressed. There are many versions of fidgets that you can buy at the store. Fidgets can also be made using everyday items you might find around your house. Choose **1** of the ideas below to create. You can even use your imagination to create your own idea!

Materials for Paperclip Fidget: 10 minutes

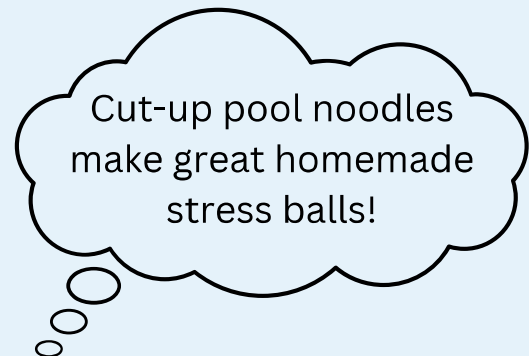
- One large paperclip per girl
- 4-6 pony beads per girl
- Fidget Instruction sheet (for facilitator)

Materials for Pipe Cleaner Fidget: 10 minutes

- One pipe cleaner per girl
- 4-5 beads per girl
- Colorful tape- 2 pieces per girl
- 1 thick popsicle stick per girl
- Fidget Instruction sheet (for facilitator)

Materials for Make Your Own

- Use any items that can be found around the house to make your own Fidget/Sensory tool!





Activity Three: Breathing Exercises

Instructions: Read: Breathing exercises can be one very powerful tool we can use when we are feeling stressed or worried. There are many different breathing exercises that you can try. How does breathing work to help your body calm down? Great question! Deep breathing sends a message to your brain that tells your brain “Everything is ok, it’s ok to relax.” Often when we are stressed or feeling anxious our breathing gets quicker and our hearts pound fast. When we do deep breathing exercises, we slow our breathing down, taking long, slow breaths and we place a focus on feeling our breaths. This allows more oxygen to get to our bodies and helps focus our minds and also slows our heart rate down.

Find a quiet, comfortable place to sit, sit up straight with your feet on the floor, take a long slow breath through your nose until you feel your chest and belly rise, and gently blow that breath out through your mouth.

If making a coping toolbox, you will make a binder ring packet. See the Breathing Exercises handouts. If making a coping notebook, you will paste the cutouts into the notebook.

Try **2** of the breathing exercises below. Once you've practiced each one, add the chosen breathing exercise cards to your binder ring then to your coping toolbox or add handouts to your coping notebook. The Breathing Exercise cover page cut out should be included.

The facilitator will read the instructions aloud for each breathing exercise as the girls do them.

Materials for Box Breathing: 2 minutes

- The box breathing cutouts (attached). These should be cut out prior to the meeting
- The Box Breathing Facilitator Instructions (attached)

Materials for 4-7-8 Breathing: 2 minutes

- The 4-7-8 breathing cutouts (attached). These should be cut out prior to the meeting
- The 4-7-8 Breathing Facilitator Instructions (attached)

Materials for Figure 8 Breathing: 2 minutes

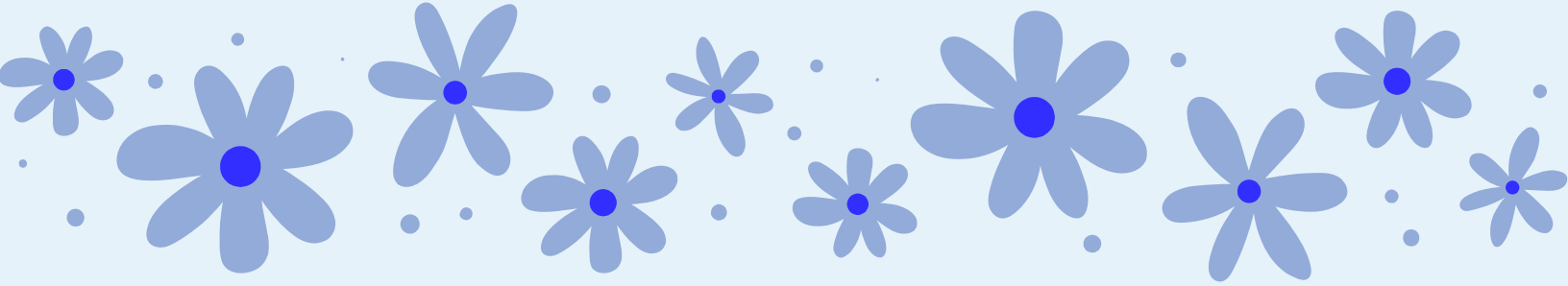
- The Figure 8 breathing cutouts (attached). These should be cut out prior to the meeting
- The Figure 8 Breathing Facilitator Instructions (attached)

Materials for Five-Finger Breathing: 2 minutes

- The Five Finger Breathing cutouts (attached). These should be cut out prior to the meeting
- The Five Finger Breathing Facilitator Instructions (attached)

Materials for Make Your Own: Design a shape you can trace while practicing slow, calming breathing

- A piece of paper for each girl
- Pencils, Markers, or crayons



Activity Four: Chair Yoga: 10 minutes

Instructions: So what is Chair Yoga? Chair Yoga is a series of exercises that are used while seated and can be done anywhere. Chair Yoga can be a fun exercise that helps our bodies to relax and feel better. While doing Chair Yoga, it is important to focus on your body movements, the way your body feels, and to have slow, deep breaths.

Pick **2** Chair Yoga poses to try!

When you are done practicing each pose, put each card on your binder ring and in your toolbox or each card in your notebook. Remember that each girl should also get a title page card.

Materials:

- A chair for each girl
- Plenty of space
- A Chair Yoga cutout of each pose you are doing for each girl (attached)



Brownies

DEFINE

Activity One: Let's Define Worry and Stress: 5 minutes

1. During this patch program, we will be talking a lot about stress and anxiety or worry. Have you heard the words stress or worry before?
2. Ask if any of the girls can tell you what the words stress and worry might mean.
3. **Tell the Girls the true definition:** Stress is something that everyone feels at one time or another. It is a normal reaction to changes, when we feel under pressure or when things are challenging for us. For example, the first day of school, being in the school concert or play, or when we have a changing family situation. Stress can become a problem when it is long-term and persistent or when it starts to become very overwhelming for long periods of time. When this happens it is very important to come up with strategies to help our body calm down.

Activity Two: Read a book about worry: 25 minutes

Instructions: Pick ONE of the book choices below or watch the youtube video of the book being read. After, use the Facilitator Discussion Question sheet to discuss different feelings and how they can exhibit themselves.

Options/Recommended books to discuss this topic:

- Listening to My Body by Gabi Garcia
- My Incredible Talking Body by Rebecca Bowen
- Millie's Mighty Mind by Acadia and Aimee Gelineau

Materials:

- chosen book or youtube video on the chosen book
- Facilitator Discussion Question sheet



RECOGNIZE

Activity One: Body Diagram: 15 minutes

Instructions: Pass out the handout. Have everyone complete their own handout.

Read: Everyone's body behaves differently when they experience worry or stress. It is really important to learn to recognize how our bodies are feeling when we are having big feelings, like feeling angry, sad, scared, or worried. When we start to recognize the clues our bodies give us when we are feeling big feelings we are able to know that we might need to try something to help our bodies calm down. This is what we are going to talk about next!

If the girls are having a difficult time completing on their own, this can be done as a whole group discussion with a large piece of paper and labeling the group's ideas. Examples might include butterflies in your stomach, tears, facial expressions, frozen muscles, etc...

Materials:

- Body Diagram handout (attached) one for each girl
- Pencils
- Crayons
- Markers

If completing in a large group...

- Poster paper

Activity One: Positive vs. Negative Coping Skills: 15 minutes

Instructions: Complete the Negative and Positive Coping Skills Coloring Worksheet. Follow the directions on the worksheet. This can be done individually or with partners.

Materials:

- Printouts of the Positive and Negative Coping Skills Coloring Worksheet, one per girl
- Red and Green crayons

Activity Two: Coping Skills Toolbox or Notebook

Instructions: For the duration of the patch program, you will be creating a Coping Toolbox or Coping Notebook. Pick **ONE** of these. As you create each fidget or gain a new coping tool, add it to your coping toolbox or notebook!

Materials for Coping Toolbox:

- A pencil box or pencil pouch for each girl
- Markers to decorate the case (optional)
- Hole Punch
- 1-inch binder rings: 2 per girl

Materials for Coping Notebook:

- A notebook for each girl
- Glue sticks, tape, or staples
- Markers to decorate the notebook (optional)



Activity Three: Sensory Tools and Homemade Fidgets

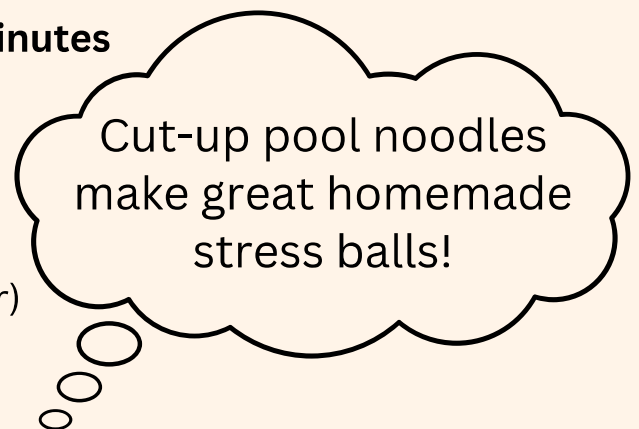
Instructions: Sensory tools or fidgets can be a helpful way to refocus your mind and self-soothe when feeling anxious or stressed. There are many versions of fidgets that you can buy at the store. Fidgets can also be made using everyday items you might find around your house. Choose **2** of the ideas below to create. You can even use your imagination to create your own idea! In

Materials for Paperclip Fidget: 10 minutes

- One large paperclip per girl
- 4-6 pony beads per girl
- Fidget Instruction sheet (for facilitator)

Materials for Pipe Cleaner Fidget: 10 minutes

- One pipe cleaner per girl
- 4-5 beads per girl
- Colorful tape- 2 pieces per girl
- 1 thick popsicle stick per girl
- Fidget Instruction sheet (for facilitator)



Materials for Make Your Own

- Use any items that can be found around the house to make your own Fidget/Sensory tool!



Activity Four: Breathing Exercises

Instructions: Read: Breathing exercises can be one very powerful tool we can use when we are feeling stressed or worried. There are many different breathing exercises that you can try. How does breathing work to help your body calm down? Great question! Deep breathing sends a message to your brain that tells your brain “Everything is ok, it’s ok to relax.” Often when we are stressed or feeling anxious our breathing quickens and our hearts pound fast. When we do deep breathing exercises, we slow our breathing down, taking long, slow breaths and we place a focus on feeling our breaths. This allows more oxygen to get to our bodies and helps focus our minds and also slows our heart rate down.

Find a quiet, comfortable place to sit, sit up straight with your feet on the floor, take a long slow breath through your nose until you feel your chest and belly rise, and gently blow that breath out through your mouth.

If making a coping toolbox, you will make a binder ring packet. If making a coping notebook, you will paste the cutouts into the notebook.

Try **3** of the breathing exercises below. Once you've practiced each one, add the chosen breathing exercise cards to your binder ring then to your coping toolbox or handouts to your coping notebook. The Breathing Exercise cover page cut out should be included.

The facilitator will read the instructions aloud for each breathing exercise as the girls do them.

Materials for Box Breathing: 2 minutes

- The box breathing cutouts (attached). These should be cut out prior to the meeting
- The Box Breathing Facilitator Instructions (attached)

Materials for 4-7-8 Breathing: 2 minutes

- The 4-7-8 breathing cutouts (attached). These should be cut out prior to the meeting
- The 4-7-8 Breathing Facilitator Instructions (attached)

Materials for Figure 8 Breathing: 2 minutes

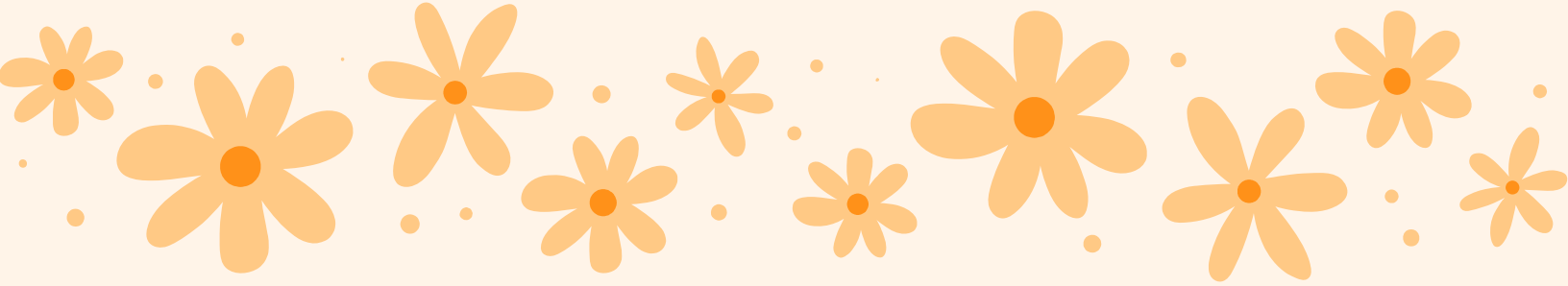
- The Figure 8 breathing cutouts (attached). These should be cut out prior to the meeting
- The Figure 8 Breathing Facilitator Instructions (attached)

Materials for Five-Finger Breathing: 2 minutes

- The Five Finger Breathing cutouts (attached). These should be cut out prior to the meeting
- The Five Finger Breathing Facilitator Instructions (attached)

Materials for Make Your Own: Design a shape you can trace while practicing slow, calming breathing

- A piece of paper for each girl
- Pencils, Markers, or crayons



Activity Five: Chair Yoga: 15 minutes

Instructions: So what is Chair Yoga? Chair Yoga is a series of exercises that are used while seated and can be done anywhere. This type of exercise makes yoga more accessible, in other words, more people are able to perform chair yoga despite physical limitations or challenges. Chair Yoga can be a fun exercise that promotes relaxation and can relieve stress. Like most exercises, Chair Yoga can encourage a positive mood. While doing Chair Yoga, it is important to focus on your body movements, the way your body feels, and to have slow, deep breaths accompanying your movements.

Pick 3 Chair Yoga poses to try!

When you are done practicing each pose, put each card on your binder ring and in your toolbox or each card in your notebook. Remember that each girl should also get a title page card.

Materials:

- A chair for each girl
- Plenty of space
- A Chair Yoga cutout of each pose you are doing for each girl (attached)



Activity Six: Grounding Exercises

Instructions: Complete ONE of the Grounding Exercises below.

Materials for 54321 Grounding Exercise: 5 minutes

- The 54321 Facilitator Instructions sheet (attached)
- The 54321 Handout (attached)

Materials for Mindful Walking: 20 minutes

- Access to the outdoors (preferred)
- The Mindful Walking Facilitator sheet (attached)

Materials for Progressive Muscle Relaxation: 10 minutes

- A comfortable area
- The Progressive Muscle Relaxation Facilitator Sheet. The Facilitator will walk the girls through the exercise.

Discussion

It is really important to have a trusted adult that you can talk to. A trusted adult can be someone at home or at school.

Trusted Adult discussion: 15 minutes

- What do you think "a trusted adult" means?
- Think about trusted people in your life that you can talk to when you are feeling stressed.
- Talk to the person next to you about who those trusted adults are and share with the group.

Activity Seven: Worry Catcher

Put all of your coping skills in one place! Choose to pick your own coping skills on your worry catcher or use the ones provided.

Materials for Worry Catcher:

- A worry catcher outline (choose the filled-out option or the empty option) for each girl (attached page 66 or 67)



Juniors

DEFINE

Activity One: Let's Define Worry and Stress

What are stress and anxiety? Pick ONE of the options below to learn more about what they are!

Activity One: Have a Professional Come and Talk to Your Troop: 30 minutes

Instructions:

- Have a professional come and talk to your Troop about stress. Professionals might include a Mental Health Counselor, School Counselor, Social Worker, Nurse, or Doctor. Ask them to tell you what stress and anxiety are, how stress can affect the body, and what strategies they recommend for coping with stress and anxiety.

Materials:

- Have your troop come prepared with any questions they may have.

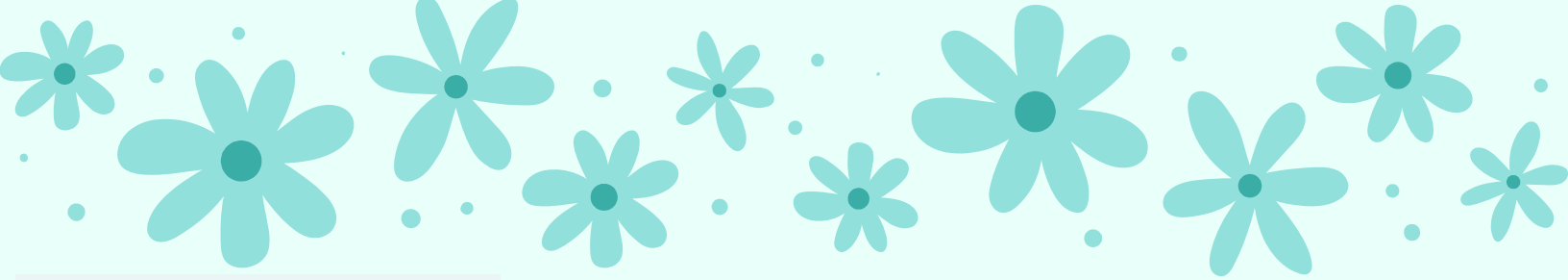
Activity Three: Interview a Professional: 20-30 minutes

Instructions:

- Interview a professional. This can be an in-person interview or a virtual interview. Professionals might include a Mental Health Counselor, School Counselor, Social Worker, Nurse, or Doctor. Come up with a list of questions which might include: What is stress? How does it affect the body? Can stress be a good thing and when does it become a problem? Add at least 2 more questions to this list. Share what you have learned with your Troop.

Materials:

- Have your notes ready for the meeting. This will be done outside of the meeting.



RECOGNIZE

Activity One: Body Diagram: 15 minutes

Instructions: pass out the handout. Have everyone complete their own handout.

Read: Everyone's body behaves differently when they experience worry or stress. It is really important to learn to recognize how our bodies are feeling when we are having big feelings, like feeling angry, sad, scared, or worried. When we start to recognize the clues our bodies give us when we are feeling big feelings we are able to know that we might need to try something to help our bodies calm down. This is what we are going to talk about next!

If the girls are having a difficult time completing on their own, this can be done as a whole group discussion with a large piece of paper and labeling the group's ideas. Examples might include butterflies in your stomach, tears, facial expressions, frozen muscles, etc...

Materials:

- Body Diagram handout (attached) one for each girl
- Pencils
- Crayons
- Markers

If completing in a large group...

- Poster paper

Activity One: Positive vs. Negative Coping Skills: 15 minutes

Instructions: Complete the Negative and Positive Coping Skills Coloring Worksheet. Follow the directions on the worksheet. This can be done individually or with partners.

Materials:

- Printouts of the Positive and Negative Coping Skills Coloring Worksheet, one per girl
- Red and Green crayons

Activity Two: Coping Skills Toolbox or Notebook

Instructions: For the duration of the patch program, you will be creating a Coping Toolbox or Coping Notebook. Pick **ONE** of these. As you create each fidget or gain a new coping tool, add it to your coping toolbox or notebook!

Materials for Coping Toolbox:

- A pencil box or pencil pouch for each girl
- Markers to decorate the case (optional)
- Hole Punch
- 1-inch binder rings: 2 per girl

Materials for Coping Notebook:

- A notebook for each girl
- Glue sticks, tape, or staples
- Markers to decorate the notebook (optional)

Activity Three: Sensory Tools and Homemade Fidgets

Instructions: Sensory tools or fidgets can be a helpful way to refocus your mind and self-soothe when feeling anxious or stressed. There are many versions of fidgets that you can buy at the store. Fidgets can also be made using everyday items you might find around your house. Choose **3** of the ideas below to create. You can even use your imagination to create your own idea!

Materials for Paperclip Fidget: 10 minutes

- One large paperclip per girl
- 4-6 pony beads per girl
- Fidget Instruction sheet (for facilitator)

Materials for Pipe Cleaner Fidget: 10 minutes

- One pipe cleaner per girl
- 4-5 beads per girl
- Colorful tape- 2 pieces per girl
- 1 thick popsicle stick per girl
- Fidget Instruction sheet (for facilitator)

Cut-up pool noodles make great homemade stress balls!

Materials for Make Your Own

- Use any items that can be found around the house to make your own Fidget/Sensory tool!

Materials for Stress Ball: 30 minutes

- Two 12-inch balloon
- Funnel
- 6 Tablespoons of Corn Starch
- 3 Tablespoons of water
- Empty water bottle
- Scissors

Materials for Fidget Spinner: 30 minutes

- Card Stock (black preferred)
- Colorful copy paper or Post-it note (Girl Scout Green preferred)
- Template/Stencil for the Girl Scout Trefoil (printout)
- Toothpick
- Needle
- 4 pennies or 4 heavy buttons of the same weight
- Glue gun and a glue stick
- Scissors- sharp enough to snip the toothpick



Activity Four: Breathing Exercises

Instructions: Read: Breathing exercises can be one very powerful tool we can use when we are feeling stressed or worried. There are many different breathing exercises that you can try. How does breathing work to help your body calm down? Great question! Deep breathing sends a message to your brain that tells your brain “Everything is ok, it’s ok to relax.” Often when we are stressed or feeling anxious our breathing quickens and our hearts pound fast. When we do deep breathing exercises, we slow our breathing down, taking long, slow breaths and we place a focus on feeling our breaths. This allows more oxygen to get to our bodies and helps focus our minds and also slows our heart rate down.

Find a quiet, comfortable place to sit, sit up straight with your feet on the floor, take a long slow breath through your nose until you feel your chest and belly rise, and gently blow that breath out through your mouth.

If making a coping toolbox, you will make a binder ring packet. If making a coping notebook, you will paste the cutouts into the notebook.

Try **4** of the breathing exercises below. Once you've practiced each one, add the chosen breathing exercise cards to your binder ring then to your coping toolbox or handouts to your coping notebook. The Breathing Exercise cover page cut out should be included.

The facilitator will read the instructions aloud for each breathing exercise as the girls do them.

Materials for Box Breathing: 2 minutes

- The box breathing cutouts (attached). These should be cut out prior to the meeting
- The Box Breathing Facilitator Instructions (attached)

Materials for 4-7-8 Breathing: 2 minutes

- The 4-7-8 breathing cutouts (attached). These should be cut out prior to the meeting
- The 4-7-8 Breathing Facilitator Instructions (attached)

Materials for Figure 8 Breathing: 2 minutes

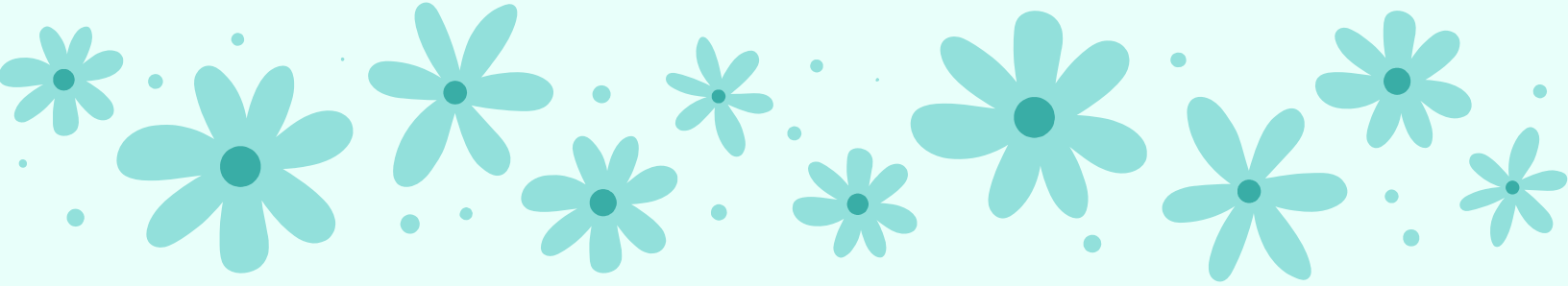
- The Figure 8 breathing cutouts (attached). These should be cut out prior to the meeting
- The Figure 8 Breathing Facilitator Instructions (attached)

Materials for Five-Finger Breathing: 2 minutes

- The Five Finger Breathing cutouts (attached). These should be cut out prior to the meeting
- The Five Finger Breathing Facilitator Instructions (attached)

Materials for Make Your Own: Design a shape you can trace while practicing slow, calming breathing

- A piece of paper for each girl
- Pencils, Markers, or crayons



Activity Five: Chair Yoga: 20 minutes

Instructions: So what is Chair Yoga? Chair Yoga is a series of exercises that are used while seated and can be done anywhere. This type of exercise makes yoga more accessible, in other words, more people are able to perform chair yoga despite physical limitations or challenges. Chair Yoga can be a fun exercise that promotes relaxation and can relieve stress. Like most exercises, Chair Yoga can encourage a positive mood. While doing Chair Yoga, it is important to focus on your body movements, the way your body feels, and to have slow, deep breaths accompanying your movements.

Pick **4** Chair Yoga poses to try!

When you are done practicing each pose, put each card on your binder ring and in your toolbox or each card in your notebook. Remember that each girl should also get a title page card.

Materials:

- A chair for each girl
- Plenty of space
- A Chair Yoga cutout of each pose you are doing for each girl (attached)



Activity Six: Grounding Exercises

Instructions: Complete TWO of the Grounding Exercises below.

Materials for 54321 Grounding Exercise: 5 minutes

- The 54321 Facilitator Instructions sheet (attached)
- The 54321 Handout (attached)

Materials for Mindful Walking: 20 minutes

- Access to the outdoors (preferred)
- The 'How to Mindful Walk' sheet (attached)

Materials for Progressive Muscle Relaxation: 10 minutes

- A comfortable area
- The Progressive Muscle Relaxation Facilitator Sheet. The Facilitator will walk the girls through the exercise.

Meditation: 20 minutes

- A quiet spot
- A phone
 - Find a meditation app and try it out!

Discussion

It is really important to have a trusted adult that you can talk to. A trusted adult can be someone at home or at school.

Trusted Adult discussion: 15 minutes

- What do you think "a trusted adult" means?
- Think about trusted people in your life that you can talk to when you are feeling stressed.
- Talk to the person next to you about who those trusted adults are and share with the group.

Activity Seven: Worry Catcher

Put all of your coping skills in one place! Choose to pick your own coping skills on your worry catcher or use the ones provided.

Materials for Worry Catcher:

- A worry catcher outline (choose the filled-out option or the empty option) for each girl (attached page 66 or 67)



Cadettes, Seniors, and Ambassadors

DEFINE

What are stress and anxiety? Pick ONE of the options below to learn more about what they are!

Activity One: Have a Professional Come and Talk to Your Troop: 30 minutes

Instructions:

- Have a professional come and talk to your Troop about stress. Professionals might include a Mental Health Counselor, School Counselor, Social Worker, Nurse, or Doctor. Ask them to tell you what stress and anxiety are, how they can affect the body, and what strategies they recommend for coping with stress and anxiety.

Materials:

- Have your Troop come prepared with any questions they may have.

Activity Two: Research on Your Own: 30 minutes

Instructions:

- Research what stress and anxiety are. What is stress? What are three ways that stress might affect your body? What is anxiety? Find out more about the chemical reactions that happen inside your body when you are feeling stress and anxiety. Find out more about the Fight, Flight, or Freeze response.
- Share what you have learned with your Troop.

Materials:

- Come prepared with your research. You will be doing this before the meeting.

Activity Three: Interview a Professional: 30 minutes

Instructions:

- Interview a professional. This can be an in-person interview or a virtual interview. Professionals might include a Mental Health Counselor, School Counselor, Social Worker, Nurse, or Doctor.
- Come up with a list of questions which might include:
 - What is stress?
 - How does it affect the body?
 - Can stress be a good thing and when does it become a problem?
 - Add at least 5 more questions to this list.
- Share what you have learned with your Troop.

Materials:

- Have your notes ready for the meeting. This will be done before the meeting.

RECOGNIZE



Activity One: Body Diagram: 15 minutes

Instructions: pass out the handout. Have everyone complete their own handout. Have the girls make a list of what makes them stressed or anxious (Example: presentations, etc.).

Read: Everyone's body behaves differently when they experience worry or stress. It is really important to learn to recognize how our bodies react when we are stressed. When we start to recognize the clues our bodies give us we are able to know that we might need to try something to help our bodies calm down. This is what we are going to talk about next!

If the girls are having a difficult time completing on their own, this can be done as a whole group discussion with a large piece of paper and labeling the group's ideas. Examples might include butterflies in your stomach, tears, facial expressions, frozen muscles, etc...

Materials:

- Body Diagram handout (attached) one for each girl
- Pencils
- Crayons
- Markers

If completing in a large group...

- Poster paper

Discussion

It is really important to have a trusted adult that you can talk to. A trusted adult can be someone at home or at school.

Trusted Adult discussion: **15 minutes**

- What do you think "a trusted adult" means?
- Think about trusted people in your life that you can talk to when you are feeling stressed.
- Talk to the person next to you about who those trusted adults are and share with the group.



COPE

Activity One: Positive vs. Negative Coping Skills: 15 minutes

Instructions: Complete the Negative and Positive Coping Skills Worksheet. Follow the directions on the worksheet. This can be done individually or with partners. Discuss your answers as a whole group after. The answer key is attached.

Materials:

- Printouts of the Positive and Negative Coping Skills Worksheet, one per girl
- Pencils
- Answer Key

Activity Two: Coping Skills Toolbox or Notebook

Instructions: For the duration of the patch program, you will be creating a Coping Toolbox or Coping Notebook. Pick **ONE** of these. As you create each fidget or gain a new coping tool, add it to your coping toolbox or notebook!

Materials for Coping Toolbox:

- A pencil box or pencil pouch for each girl
- Markers to decorate the case (optional)
- Hole Punch
- 1-inch binder rings: 2 per girl

Materials for Coping Notebook:

- A notebook for each girl
- Glue sticks, tape, or staples
- Markers to decorate the notebook (optional)

Activity Three: Sensory Tools and Homemade Fidgets

Instructions: Sensory tools or fidgets can be a helpful way to refocus your mind and self-soothe when feeling anxious or stressed. There are many versions of fidgets that you can buy at the store. Fidgets can also be made using everyday items you might find around your house. Choose **3** of the ideas below to create. You can even use your imagination to create your own idea! The instructions on how to make each fidget are attached.

Materials for Paperclip Fidget: 10 minutes

- One large paperclip per girl
- 4-6 pony beads per girl
- Fidget Instruction sheet (for facilitator)
-

Materials for Pipe Cleaner Fidget: 10 minutes

- One pipe cleaner per girl
- 4-5 beads per girl
- Colorful tape- 2 pieces per girl
- 1 thick popsicle stick per girl
- Fidget Instruction sheet (for facilitator)

Cut-up pool noodles make great homemade stress balls!

Materials for Make Your Own

- Use any items that can be found around the house to make your own Fidget/Sensory tool!

Materials for Stress Ball: 30 minutes

- Two 12-inch balloon
- Funnel
- 6 Tablespoons of Corn Starch
- 3 Tablespoons of water
- Empty water bottle
- Scissors

Materials for Fidget Spinner: 30 minutes

- Card Stock (black preferred)
- Colorful copy paper or Post-it note (Girl Scout Green preferred)
- Template/Stencil for the Girl Scout Trefoil (printout)
- Toothpick
- Needle
- 4 pennies or 4 heavy buttons of the same weight
- Glue gun and a glue stick
- Scissors- sharp enough to snip the toothpick



Activity Four: Breathing Exercises

Instructions: Read: Breathing exercises can be one very powerful tool we can use when we are feeling stressed or worried. There are many different breathing exercises that you can try. How does breathing work to help your body calm down? Great question! Deep breathing sends a message to your brain that tells your brain “Everything is ok, it’s ok to relax.” Often when we are stressed or feeling anxious our breathing quickens and our hearts pound fast. When we do deep breathing exercises, we slow our breathing down, taking long, slow breaths and we place a focus on feeling our breaths. This allows more oxygen to get to our bodies and helps focus our minds and also slows our heart rate down.

Find a quiet, comfortable place to sit, sit up straight with your feet on the floor, take a long slow breath through your nose until you feel your chest and belly rise, and gently blow that breath out through your mouth.

If making a coping toolbox, you will make a binder ring packet. If making a coping notebook, you will paste the cutouts into the notebook.

Try **4** of the breathing exercises below. Once you've practiced each one, add the chosen breathing exercise cards to your binder ring then to your coping toolbox or handouts to your coping notebook. The Breathing Exercise cover page cut out should be included.

The facilitator will read the instructions aloud for each breathing exercise as the girls do them.

Materials for Box Breathing: 2 minutes

- The box breathing cutouts (attached). These should be cut out prior to the meeting
- The Box Breathing Facilitator Instructions (attached)

Materials for 4-7-8 Breathing: 2 minutes

- The 4-7-8 breathing cutouts (attached). These should be cut out prior to the meeting
- The 4-7-8 Breathing Facilitator Instructions (attached)

Materials for Figure 8 Breathing: 2 minutes

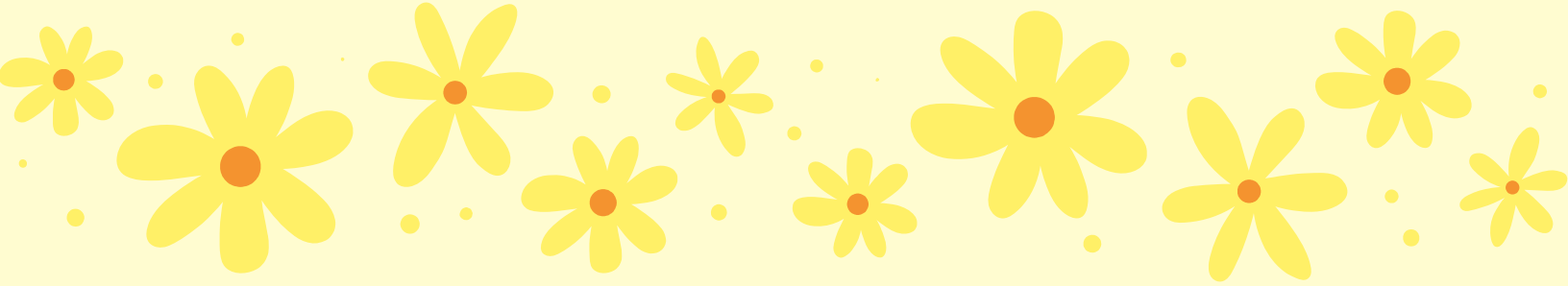
- The Figure 8 breathing cutouts (attached). These should be cut out prior to the meeting
- The Figure 8 Breathing Facilitator Instructions (attached)

Materials for Five-Finger Breathing: 2 minutes

- The Five Finger Breathing cutouts (attached). These should be cut out prior to the meeting
- The Five Finger Breathing Facilitator Instructions (attached)

Materials for Make Your Own: Design a shape you can trace while practicing slow, calming breathing

- A piece of paper for each girl
- Pencils, Markers, or crayons



Activity Five: Chair Yoga: 20 minutes

Instructions: So what is Chair Yoga? Chair Yoga is a series of exercises that are used while seated and can be done anywhere. This type of exercise makes yoga more accessible, in other words, more people are able to perform chair yoga despite physical limitations or challenges. Chair Yoga can be a fun exercise that promotes relaxation and can relieve stress. Like most exercises, Chair Yoga can encourage a positive mood. While doing Chair Yoga, it is important to focus on your body movements, the way your body feels, and to have slow, deep breaths accompanying your movements.

Try all **6** Chair Yoga poses!

When you are done practicing each pose, put each card on your binder ring and in your toolbox or each card in your notebook. Remember that each girl should also get a title page card.

Materials:

- A chair for each girl
- Plenty of space
- A Chair Yoga cutout of each pose you are doing for each girl (attached)



Activity Six: Grounding Exercises

Instructions: Complete THREE of the Grounding Exercises below.

Materials for 54321 Grounding Exercise: 5 minutes

- The 54321 Facilitator Instructions sheet (attached)
- The 54321 Handout (attached)

Materials for Mindful Walking: 20 minutes

- Access to the outdoors (preferred)
- The Mindful Walking Facilitator sheet (attached)

Materials for Progressive Muscle Relaxation: 10 minutes

- A comfortable area
- The Progressive Muscle Relaxation Facilitator Sheet. The Facilitator will walk the girls through the exercise.

Meditation: 20 minutes

- A quiet spot
- A phone
 - Find a meditation app and try it out!

Activity Seven: Relaxing Recipes

Instructions: Pick ONE of the following relaxing recipes to make.

Materials for Rejuvenating Sugar Scrub Recipe: 20-30 minutes

- 1/2 cup of Brown Sugar
- 1/4 cup of Coconut Oil
- (Optional) Essential Oil for extra smell
- Bowl
- Spoon
- Container to store the scrub in
- The Relaxing Recipes Instructions page (attached)

Materials for Invigorating Bath Salts Recipe: 20-30 minutes

- 3 cups unscented Epsom salt
- 1 1/2 cups coarse sea salt
- 1/2 cup baking soda
- 20 drops of essential oil
- Container to store salt in
- The Relaxing Recipes Instructions page (attached)



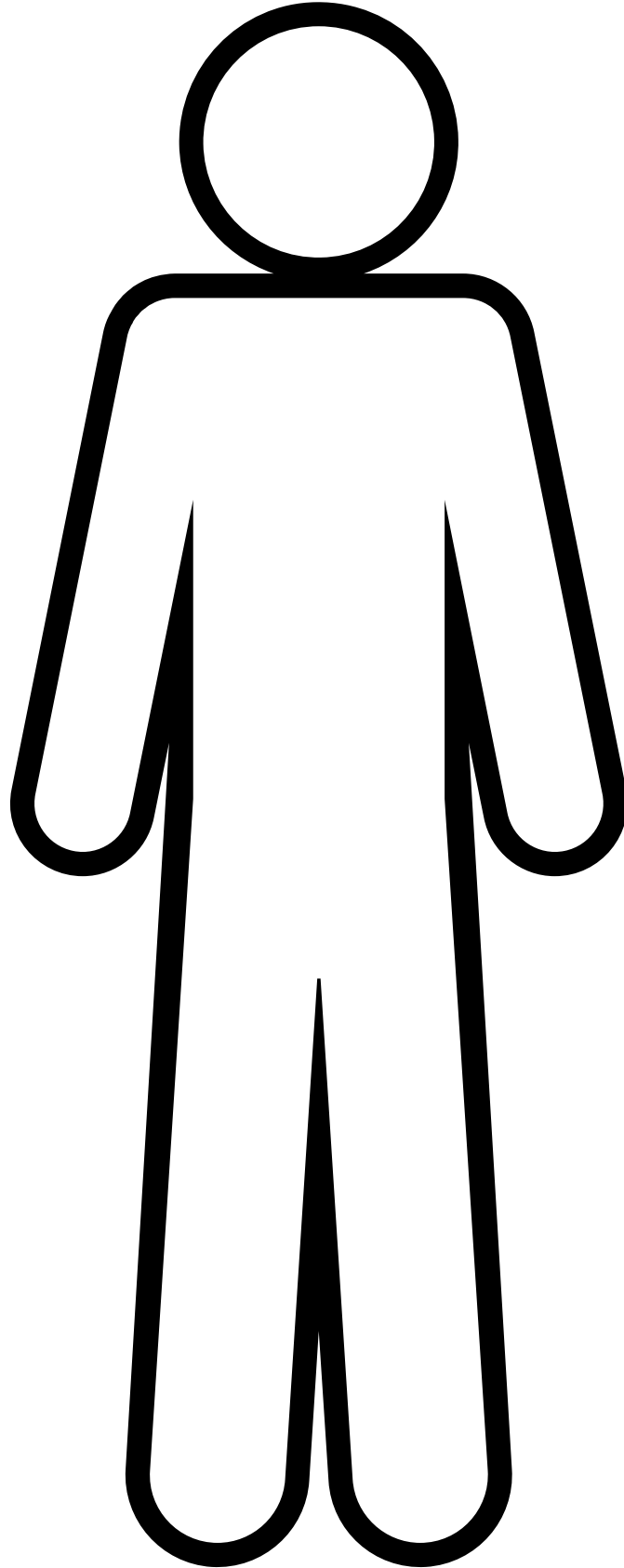
RESOURCES



Student Worksheets

BODY DIAGRAM ACTIVITY

Think about how you feel when you're nervous, worried, or stressed. What happens to your body? Draw or label it on the body!



Positive and Negative Coping Skills Coloring Worksheet

Use **green** to color in the skills you think are positive and **red** to color in the skills you think are negative.

Meditate

Shutting Down

Sharing your feelings

Breathing Exercises

Using fidgets

Being Violent or mean

Going for a walk

Yoga

Avoidance

Count to 10 slowly

Negative self talk

Journal

Yell and scream

Positive and Negative Coping Skills

Coloring Answer Key

Use **green** to color in the skills you think are positive and **red** to color in the skills you think are negative.

Meditate

Shutting Down

Sharing your feelings

Breathing Exercises

Using fidgets

Being Violent or mean

Going for a walk

Yoga

Negative self talk

Avoidance

Count to 10 slowly

Yell and scream

Journal

Positive and Negative Coping Skills Worksheet

Check the coping skills that you think are positive.

Meditate

Sharing your feelings

Being violent or mean

Avoidance

Journal

Count to 10 slowly

Negative self talk

Yell and Scream

Exercise

Name calling

Skipping school

Do some breathing exercises

Go for a walk

Yoga

Drug or alcohol use

Doodle

Hurt someone

Using fidgets

Isolating yourself

Talk to someone about the problem

Positive and Negative Coping Skills

Answer Key

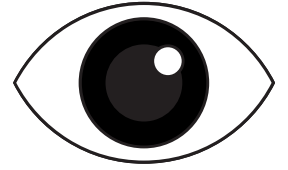
Check the coping skills that you think are positive.

- | | | | |
|-------------------------------------|-----------------------|-------------------------------------|-----------------------------------|
| <input checked="" type="checkbox"/> | Meditate | <input type="checkbox"/> | Skipping school |
| <input checked="" type="checkbox"/> | Sharing your feelings | <input checked="" type="checkbox"/> | Do some breathing exercises |
| <input type="checkbox"/> | Being violent or mean | <input checked="" type="checkbox"/> | Go for a walk |
| <input type="checkbox"/> | Avoidance | <input checked="" type="checkbox"/> | Yoga |
| <input checked="" type="checkbox"/> | Journal | <input type="checkbox"/> | Drug or alcohol use |
| <input checked="" type="checkbox"/> | Count to 10 slowly | <input checked="" type="checkbox"/> | Doodle |
| <input type="checkbox"/> | Negative self talk | <input type="checkbox"/> | Hurt someone |
| <input type="checkbox"/> | Yell and Scream | <input checked="" type="checkbox"/> | Using fidgets |
| <input checked="" type="checkbox"/> | Exercise | <input type="checkbox"/> | Isolating yourself |
| <input type="checkbox"/> | Name calling | <input checked="" type="checkbox"/> | Talk to someone about the problem |

54321 Grounding Exercise

5

List 5 things you can see



4

List 4 things you can feel



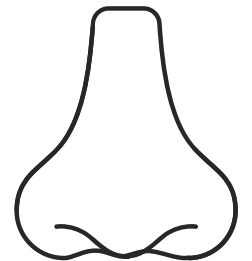
3

List 3 things you can hear



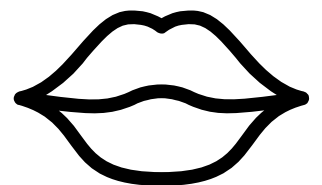
2

List 2 things you can smell



1

List 1 thing you can taste



Relaxing Recipes

REJUVENATING SUGAR SCRUB RECIPE


1/2 cup of Brown Sugar
1/4 cup of Coconut Oil
(Optional) Essential Oil

Mix together in a bowl.
If kept in the shower, the ingredients may separate due to the heat. Don't fear! Just stir them back together with your finger!
Increase portion sizes if a larger portion is desired

INVIGORATING BATH SALTS RECIPE

3 cups unscented Epsom salt
1.5 cups coarse sea salt
1/2 cup baking soda
20 drops of essential oil

Mix together thoroughly
Use 1/2 to 1 cup per bath



Fidget

Instructions

Paperclip Fidget Creation Instructions



Step One: Bend the end of the paper clip outward.

Step Two: Place 5-6 pony beads on the paper clip.

Step Three: Bend the end back in. You have made a simple fidget!

Step Four: When you're done testing it out, put your fidget in your Coping Toolbox or put it with your Coping Notebook.

Pipe Cleaner Fidget Creation Instructions



Step One: Take a pipe cleaner and slide the pony beads onto the pipe cleaner

Step Two: Press the pipe cleaner to the popsicle stick

Step Three: Use tape to secure the pipe cleaner at both ends of the popsicle stick

Step Four: Trim the extra from the ends of the pipe cleaner

Step Five: You have made a simple fidget! You can hold it in your hand and move the beads around.

Step Six: When you're done testing it out, put your fidget in your Coping Toolbox or put it with your Coping Notebook.

Fidget Spinner Creation Instructions



Step One: Trace 3 trefoils onto the black cardstock and cut out

Step Two: Trace 1 trefoil onto the green copy paper (cut around the edges to make it a little smaller than the black cardstock)

Step Three: Using the top of your glue stick, trace 6 circles onto the black card stock

Step Four: Using the glue stick, glue the cardstock on top of each other to make a thick trefoil

Step Five: Using the glue stick, glue the color copy paper trefoil on the top

Step Six: Using the glue stick, glue three black circles on top of each other and set aside **x2**

Step Seven: Glue the pennies to the back of the fidget spinner as shown in the image above

Step Eight: Use your needle to poke a small hole in the middle of the trefoil. Make sure that this is directly in the center and that it goes through all the way.

Step Nine: Poke a hole in the center of both of the black circle sets

Step Ten: Poke your toothpick through the hole of the trefoil and snip one end

Step Eleven: Using hot glue, glue the top of the black circle where the toothpick is sticking out as shown

Step Twelve: On the bottom of the fidget spinner, place the remaining black circle set onto the toothpick and glue using hot glue. Leave a small amount of space to let the fidget spinner rotate

Step Thirteen: Set into the top of a glass to dry, when dry, snip the toothpick

see the images and watch the video to follow the steps!

Stress Ball Creation Instructions



Step One: Measure out 6 Tablespoons of Cornstarch and 3 Tablespoons of Water into a water bottle using a funnel. Mix up your cornstarch and water (the consistency of oobleck is what you are looking for) by shaking the bottle with the cap tightly screwed on. Once you have the desired consistency you are ready to add it to the balloon.

Step Two: Blow up one balloon to 4-5 inches in diameter

Step Three: Place the mouth of the balloon over the spout of the water bottle

Step Four: Turn the water bottle upside down and drain the oobleck into the balloon

Step Five: When it has drained into the balloon, take the balloon off the bottle and let the air out of the balloon slowly, leaving a small amount of air inside the balloon

Step Six: Tie the end of the balloon

Step Seven: add another balloon over the first for added strength and tie the second balloon

Step Eight: draw a face or design on the balloon if desired.

*Just like store-bought stress balls, homemade stress balls do not last forever. Be aware that when balloons start to degrade, it is best to throw the stress ball away. Don't be too rough with stress balls or use sharp objects near them.



Facilitator Instructions

Facilitator Discussion Questions

Ask the girls these questions and allow them to discuss each in small groups then as a whole group.

1. What did you notice about this book? This book talked a lot about feelings and how the person's body let them know that they were having big feelings. What were some examples that you noticed in the story of their body talking to them?

2. Let's talk about feelings! What are some examples of feelings?

3. Think about a time when you were feeling mad. How did you know you were feeling mad? What did your body tell you? Example: When I was feeling angry, my face got red and hot. I made my hands into fists and I felt my eyebrows scrunch up.

4. Now think about a time **you** felt worried or scared. How did you know you were feeling worried or scared? What did your body tell you?

BOX BREATHING FACILITATOR INSTRUCTIONS

Step One: sit up straight in a comfortable chair, feet on the floor.

Step Two: Breathe in slowly through your nose to a count of 4

Step Three: Hold that breath for the count of 4

Step Four: Breathe out slowly through your mouth for a count of 4

Step Five: Hold for the count of 4



**Inhale for 4
Seconds**



**Hold for 4
Seconds**



**Exhale for 4
Seconds**



**Hold for 4
Seconds**



4-7-8 BREATHING FACILITATOR INSTRUCTIONS

Step One: sit up straight in a comfortable chair, feet on the floor.

Step Two: Breathe in slowly through your nose to a count of 4

Step Three: Hold that breath for 7 seconds

Step Four: Breathe out slowly through your mouth for a count of 8.

4-7-8 Breathing



**Inhale for 4
Seconds**



Hold for 7 Seconds



**Exhale for 8
Seconds**

FIGURE 8 BREATHING FACILITATOR INSTRUCTIONS

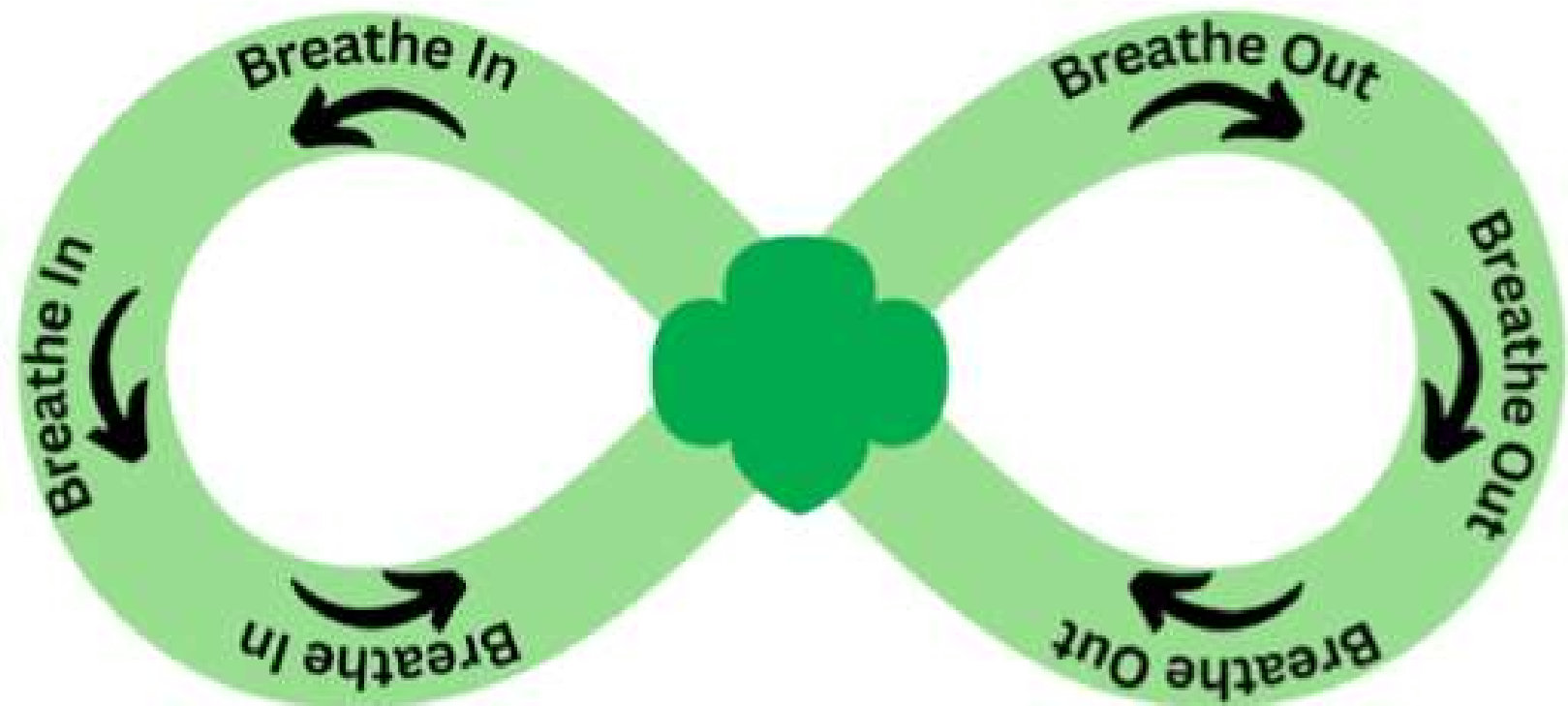
Step One: sit up straight in a comfortable chair, feet on the floor.

Step Two: Take out the Figure 8 handout (attached) and place your finger on one side, starting with the 'breathe in' arrow.

Step Three: Slowly trace the Figure 8 with your finger as you breathe slowly in through your nose

Step Four: When you reach the 'breathe-out' portion of the Figure 8, slowly breathe out through your mouth.

Step Five: Continue for three cycles, more cycles as needed.



FIVE FINGER BREATHING FACILITATOR INSTRUCTIONS

Step One: Sit up straight in a comfortable chair.

Step Two: Take one finger from one hand and use it to trace up the side of your thumb on your other hand.

Step Three: Breathe in slowly through your nose as your finger traces up your pinky, then when your finger gets to the top of your pinky, trace slowly down while breathing out slowly through your mouth. Focus on the touch of your finger to your pinky and on your slow breaths.

Step Four: Continue to trace each of the other fingers on your hand. These breaths can be done at your own pace but should be done slowly.



PROGRESSIVE MUSCLE RELAXATION

FACILITATOR INSTRUCTIONS

Read: Progressive muscle relaxation is a relaxation technique where you tense different groups of muscles for several seconds and then relax that group of muscles with slow breathing. This helps us to learn the difference between tensed muscles and relaxed muscles. Often you start either at the top of your body or at the bottom of your body working your way up or down. You can do progressive muscle relaxation any time, even when sitting at your desk at school.

Sample Progressive Muscle Relaxation Exercise:

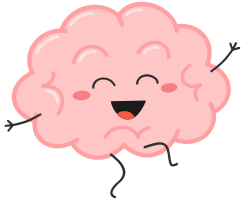
1. Sit in a comfortable position
2. Do several slow breaths, in through your nose, out through your mouth
3. Begin by tightening one group of muscles at a time- **toes:** scrunch up your toes in your shoes (pretend you are standing in the sand at the beach and scrunch your toes into the sand)
4. **Feet:** Flatten your feet and push downward. Breathe in and as you breathe out, relax your feet. Notice how good it feels to relax your feet.
5. **Legs:** pull your toes up and tense your calf muscles. Hold them for 5-10 seconds, breathe in and out, and relax your leg muscles.
6. **Stomach:** picture your cat or dog getting ready to jump on your stomach. You brace your stomach and pull it in, tightening it for 5-10 seconds. Breathe in and breathe out and relax your stomach muscles.
7. **Hands-**imagine you are squeezing a stress ball as hard as you can. Hold that squeeze for 5-10 seconds. Breathe in and out and relax your hands.
8. **Arms-**imagine you are flexing your arms, showing off your muscles. Hold them for 5-10 seconds. Breathe in and out and relax your arms.
9. **Shoulders-**shrug your shoulders up to your chin. Hold them there for 5-10 seconds. Breathe in and out and relax your shoulders.
10. **Face-**scrunch up your face tight. Scrunch your nose, your forehead and squeeze your eyes together. Hold for 5-10 seconds. Breathe in and breathe out and then relax your face.

Feel how much better you feel after each muscle group is relaxed. Notice how your muscles have gone from tight to loose.

MINDFUL WALKING FACILITATOR

INSTRUCTIONS

READ: Mindful walking has many benefits especially when it is done outdoors. Mindful walking combines movement and mindfulness, which is being present in the moment and having increased awareness of your surroundings and of your body. Both movement and mindfulness have been shown to reduce stress.



How do I do a mindful walk?

- Walk a little more slowly than usual. Pay attention to how your body feels while walking. Take notice of how your muscles feel and how your feet feel hitting the ground with each step.
- Pay attention to your senses as you walk. What do you see? What do you hear? What do you feel? What do you smell? Do you taste anything?
- Be aware of your breathing. Breathe easily but deeply.
- If your mind drifts, gently pull it back to focus on your surroundings.



Rainbow Mindful Walking

Look for colors all around you. What do you see that is red, orange, yellow, green, blue, and purple?

54321 GROUND EXERCISE FACILITATOR INSTRUCTIONS

What is a grounding exercise?

Grounding exercises help you bring your focus to the present moment. Sensory grounding techniques focus on using your five senses-sight, touch, smell, taste, and hearing to regain control of your body when you are feeling stressed or anxious. Using your senses can help you focus on your surroundings and be present in the moment.

1. List 5 things you can see. Look around you, what 5 things can you see? Example-the white, billowing clouds, the green leaves fluttering in the breeze, a butterfly floating on the wind, etc
2. List 4 things you can feel. What can you feel? Examples-the wind blowing on your skin, the carpet under your feet...
3. List 3 things you can hear. What can you hear? Examples-a bird chirping, the leaves rustling, etc...
4. List 2 things you can smell. What can you smell? The smell of coffee brewing, the smell of a wood stove in the air, etc...
5. List 1 thing you can taste. What can you taste? Examples-the minty taste of the gum you are chewing, the taste of coffee, etc...

Focus on your surroundings. Be present in the moment and focus on your senses.



Breathing and Chair Yoga Student Cutouts

BREATHING EXERCISES



Breathing exercises are an easy way to calm your body and refocus. When doing any breathing exercise, try breathing in through your nose and out through your mouth slowly.

BREATHING EXERCISES



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BREATHING EXERCISES



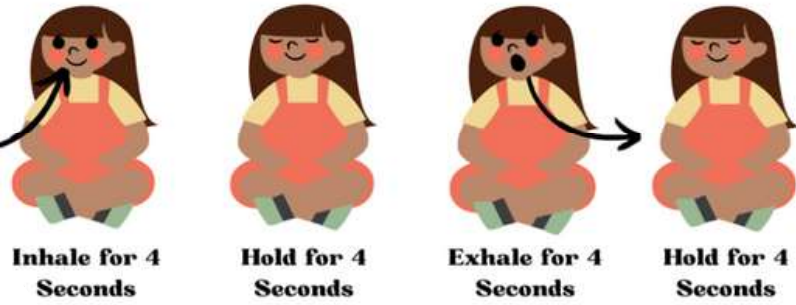
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BREATHING EXERCISES

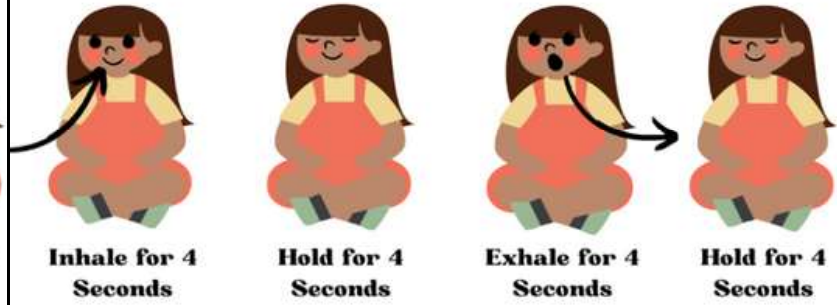


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Box Breathing



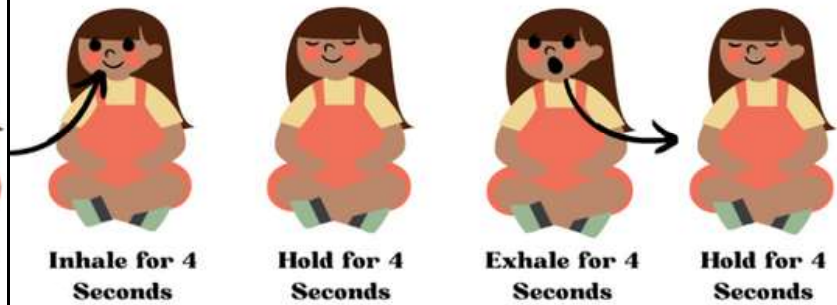
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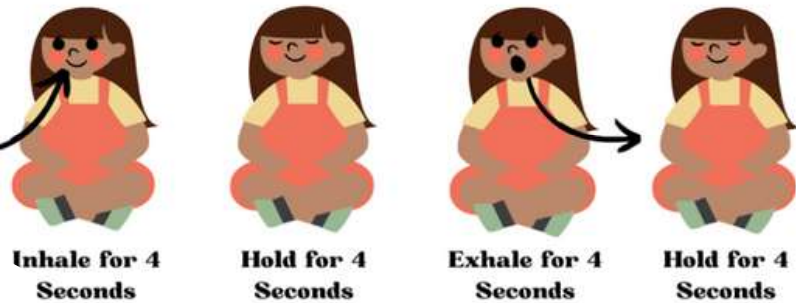
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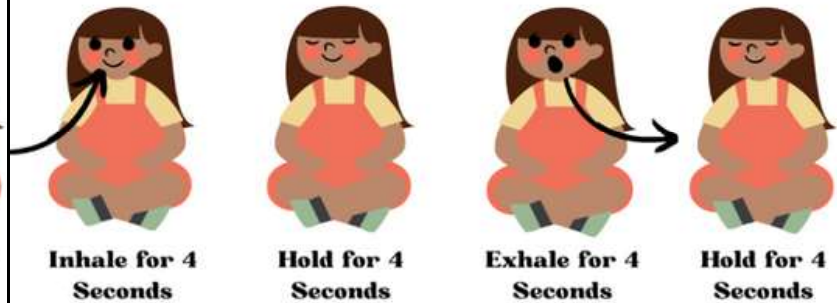
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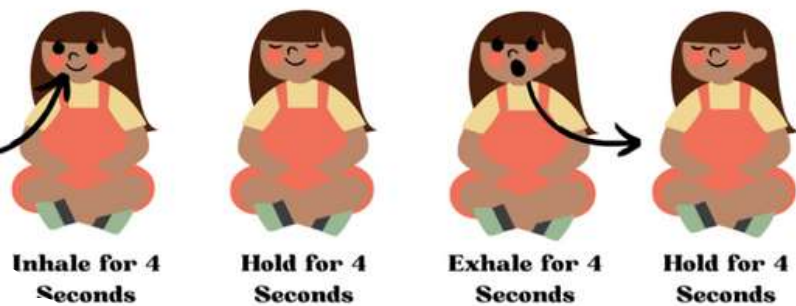
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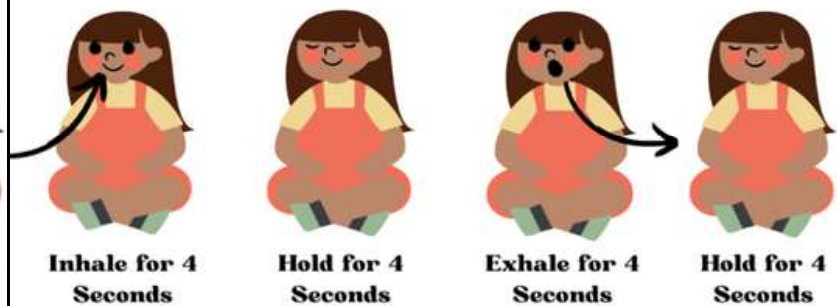
Box Breathing



Box Breathing



Box Breathing



4-7-8 Breathing



Inhale for 4 Seconds



Hold for 7 Seconds



Exhale for 8 Seconds

4-7-8 Breathing



Inhale for 4 Seconds



Hold for 7 Seconds



Exhale for 8 Seconds

4-7-8 Breathing



Inhale for 4 Seconds



Hold for 7 Seconds



Exhale for 8 Seconds

4-7-8 Breathing



Inhale for 4 Seconds



Hold for 7 Seconds



Exhale for 8 Seconds

4-7-8 Breathing



Inhale for 4 Seconds



Hold for 7 Seconds



Exhale for 8 Seconds

4-7-8 Breathing



Inhale for 4 Seconds



Hold for 7 Seconds



Exhale for 8 Seconds

4-7-8 Breathing



Inhale for 4 Seconds



Hold for 7 Seconds



Exhale for 8 Seconds

4-7-8 Breathing



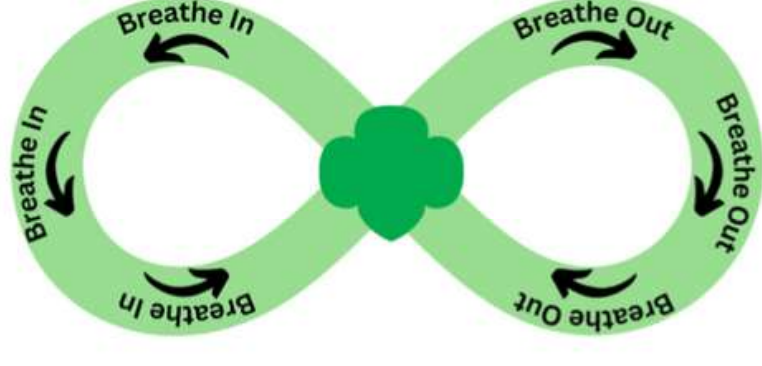
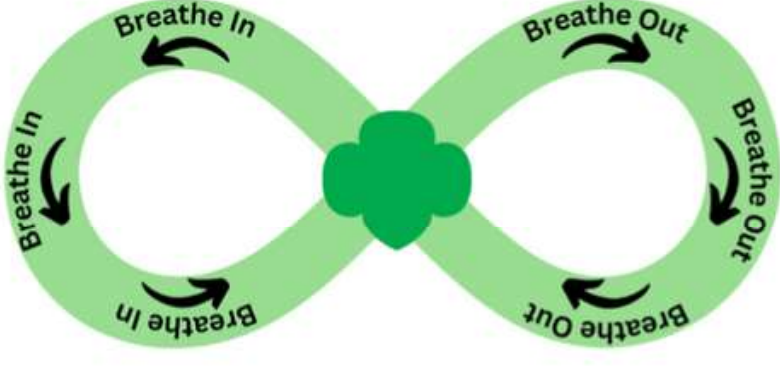
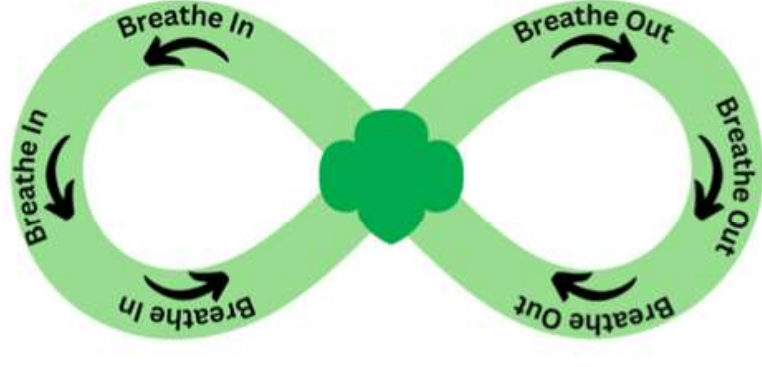
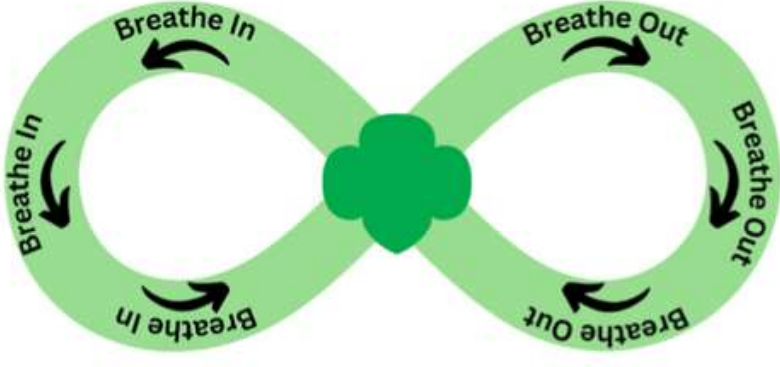
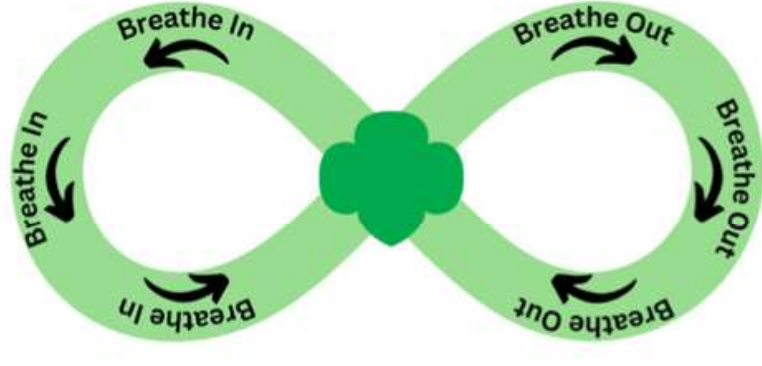
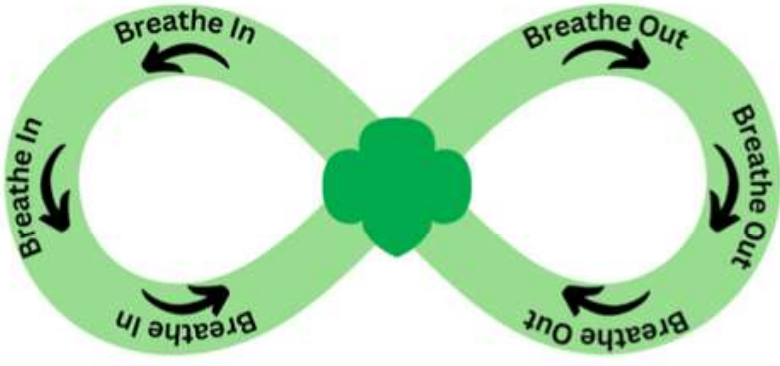
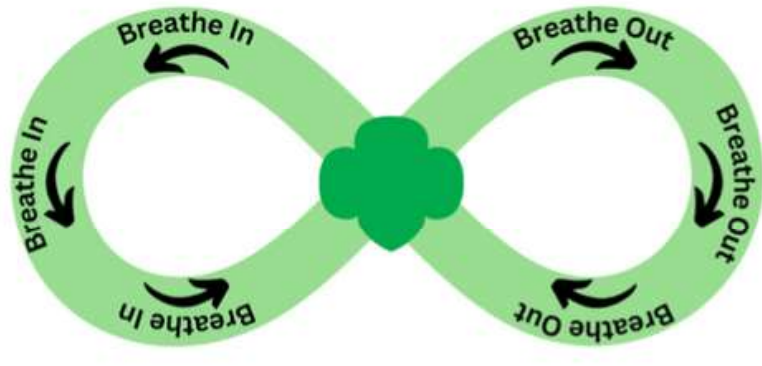
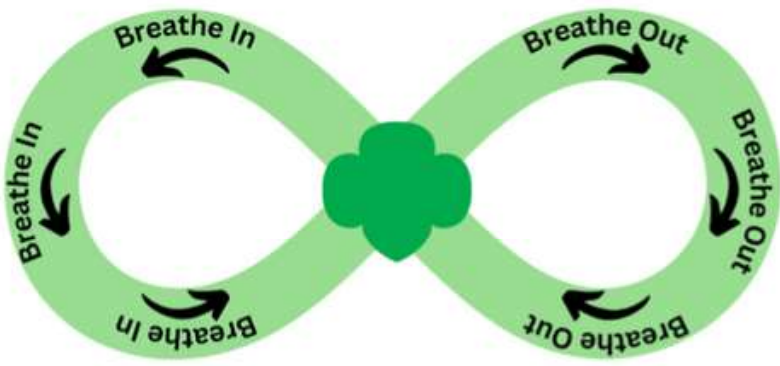
Inhale for 4 Seconds



Hold for 7 Seconds



Exhale for 8 Seconds





CHAIR

YOGA



Yoga can reduce stress and can help a person calm down. Chair yoga is an easy way to relieve stress that everyone can do, no matter where they are.

CHAIR

YOGA



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CHAIR

YOGA



Yoga can reduce stress and can help a person calm down. Chair yoga is an easy way to relieve stress that everyone can do, no matter where they are.



Rainbow

Arch your back and hold the back of the chair with your hands. Focus on deep breathing.



Rainbow

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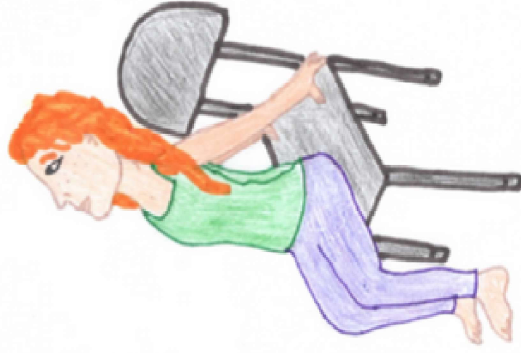
Rainbow

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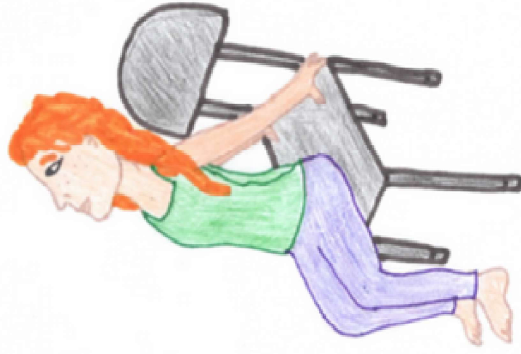
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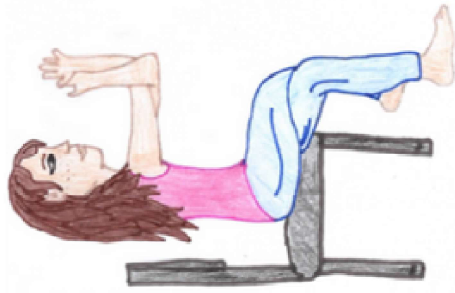
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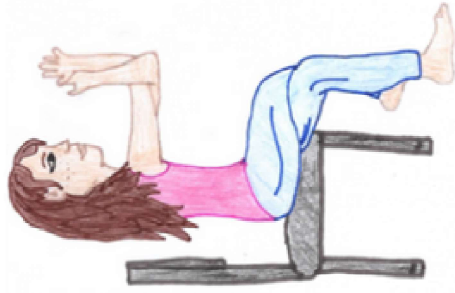
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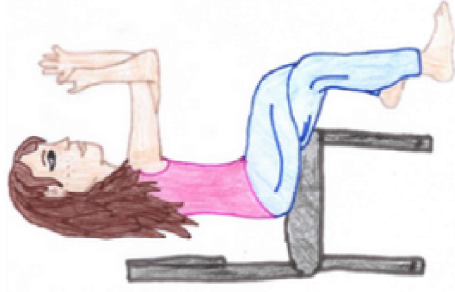
Octopus

Sit up straight on your chair and wrap one leg around the other while bending your knees. Bend your arms and wrap one around the other. Repeat on the other side. Take slow, deep breaths!



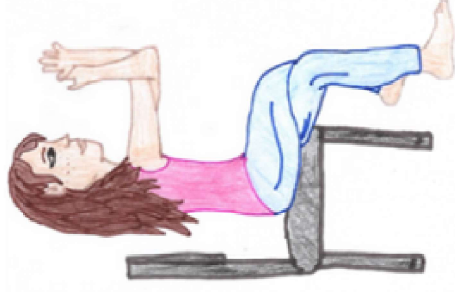
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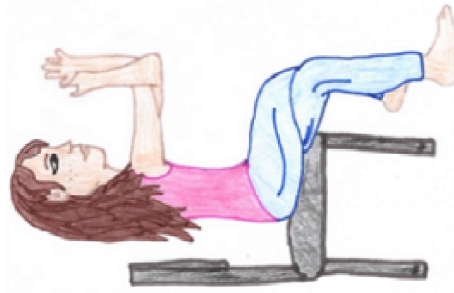
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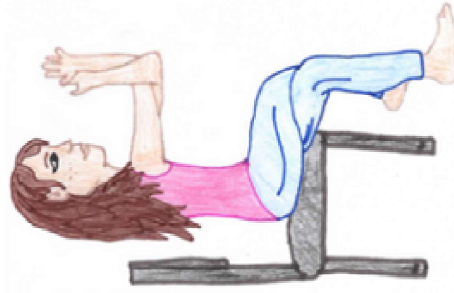
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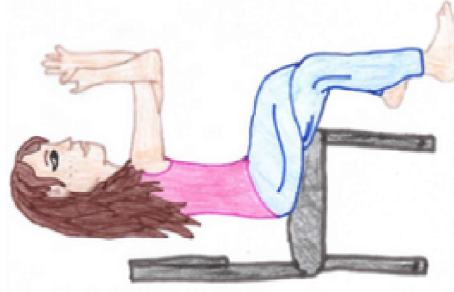
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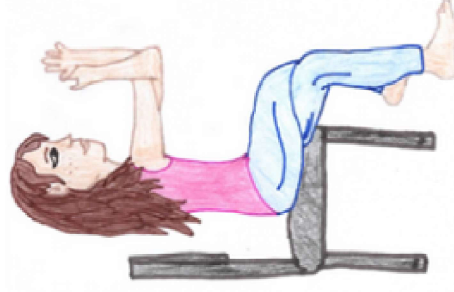
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Canoe

Carefully balance on your bottom.
Hold the sides of the chairs and lift
your legs until they are in a V
shape.



Canoe

Carefully balance on your bottom.
Hold the sides of the chairs and lift
your legs until they are in a V
shape.



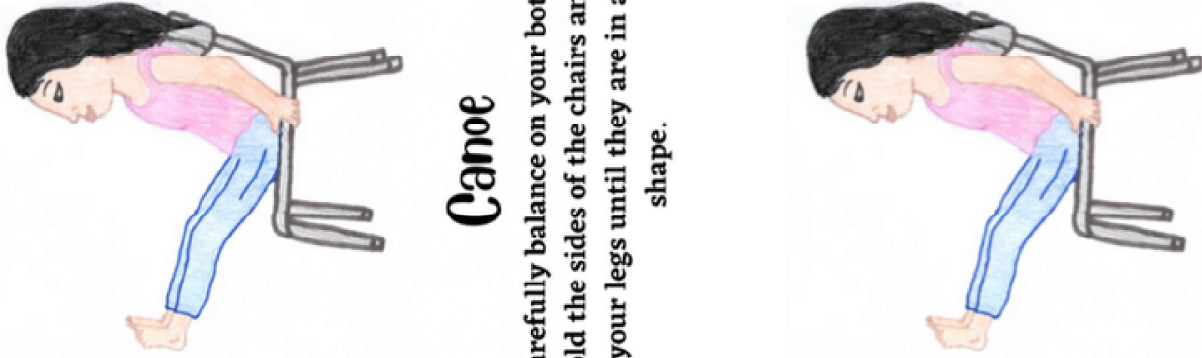
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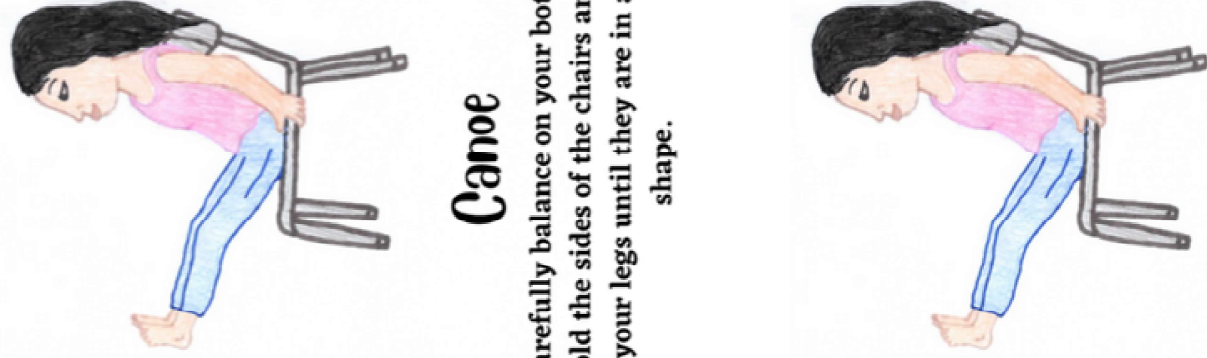
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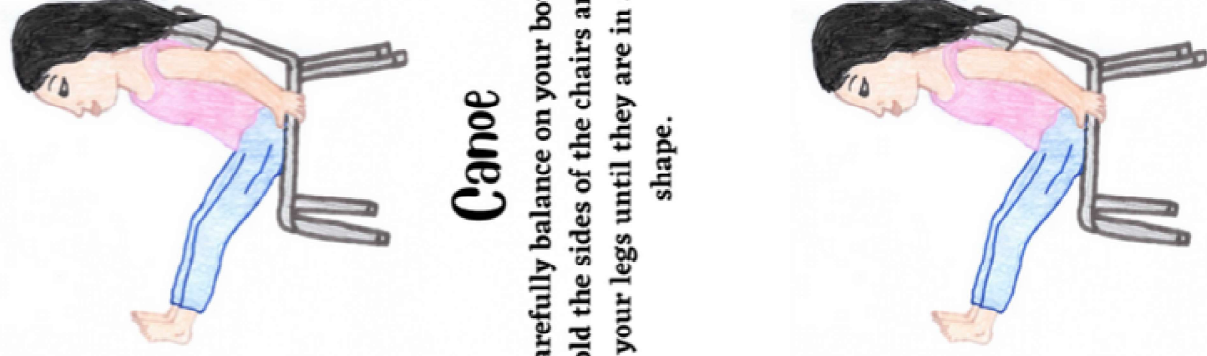
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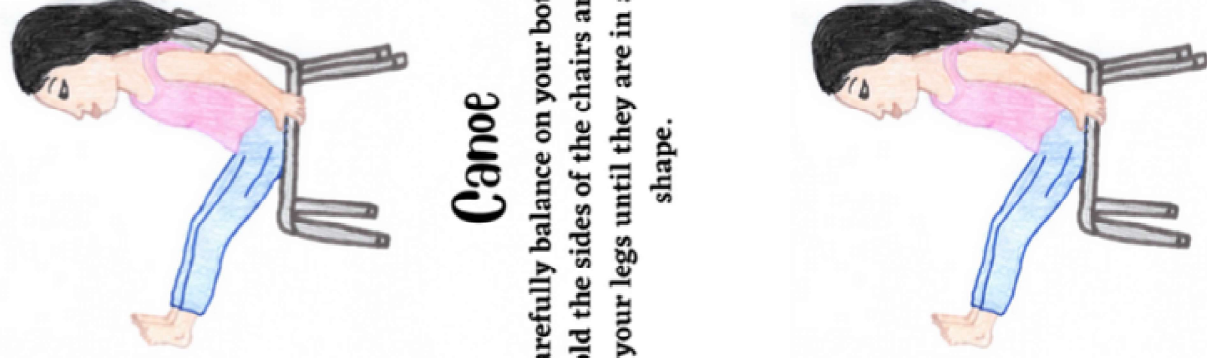
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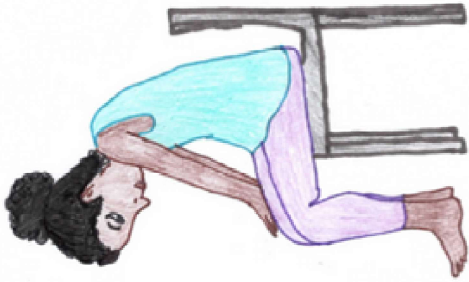
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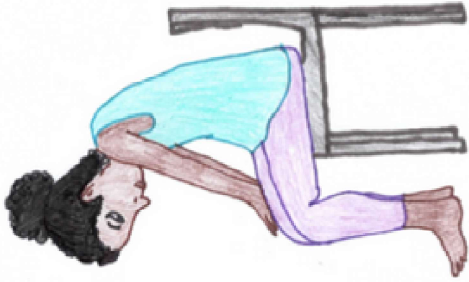
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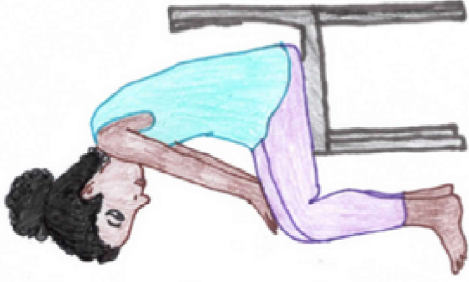
Grass Hopper

Round your back and rest your chin on your chest. Stretch out your arms with your palms on your legs. Keep your feet flat on the floor!



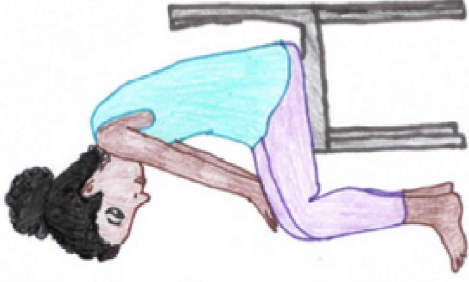
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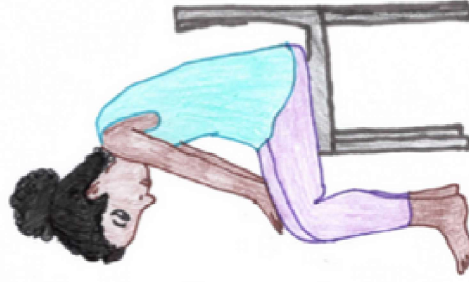
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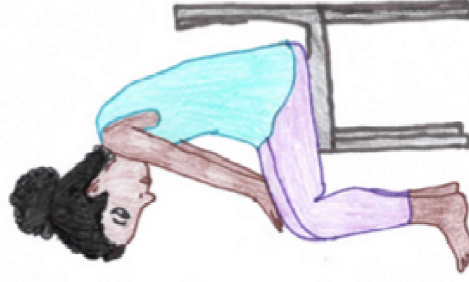
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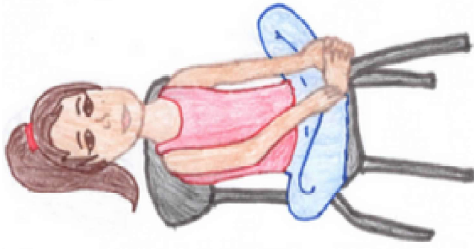
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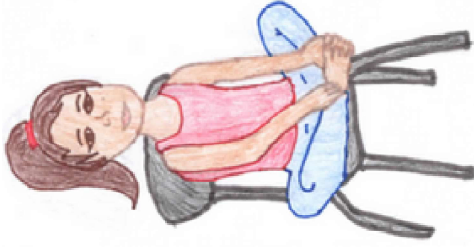
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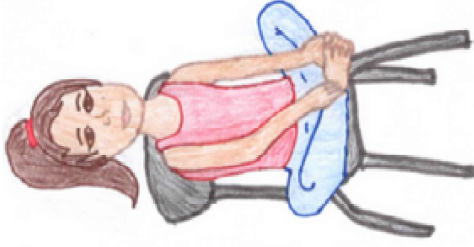
Pretzel

Sit up straight and raise your legs to the seat and bend them to your sides. Keep the bottoms of your feet together.



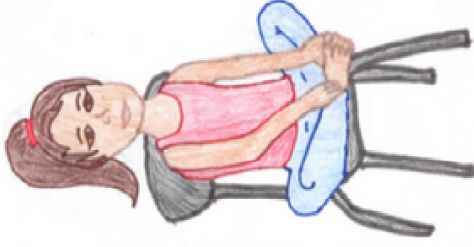
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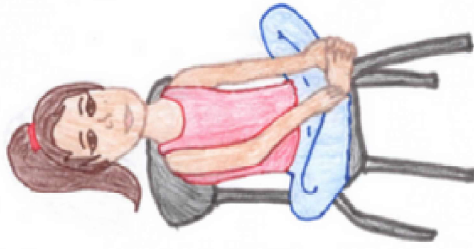
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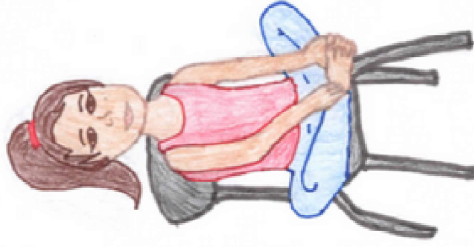
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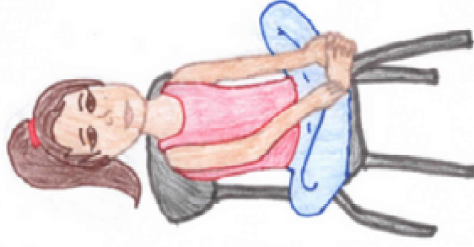
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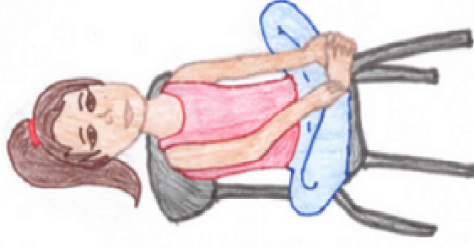
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Pretzel

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Elephant

Keeping your feet flat on the ground, hold the side of the chair with your right hand. Stretch your other arm straight up, then bend your upper body to the right. Hold this position, then switch sides.



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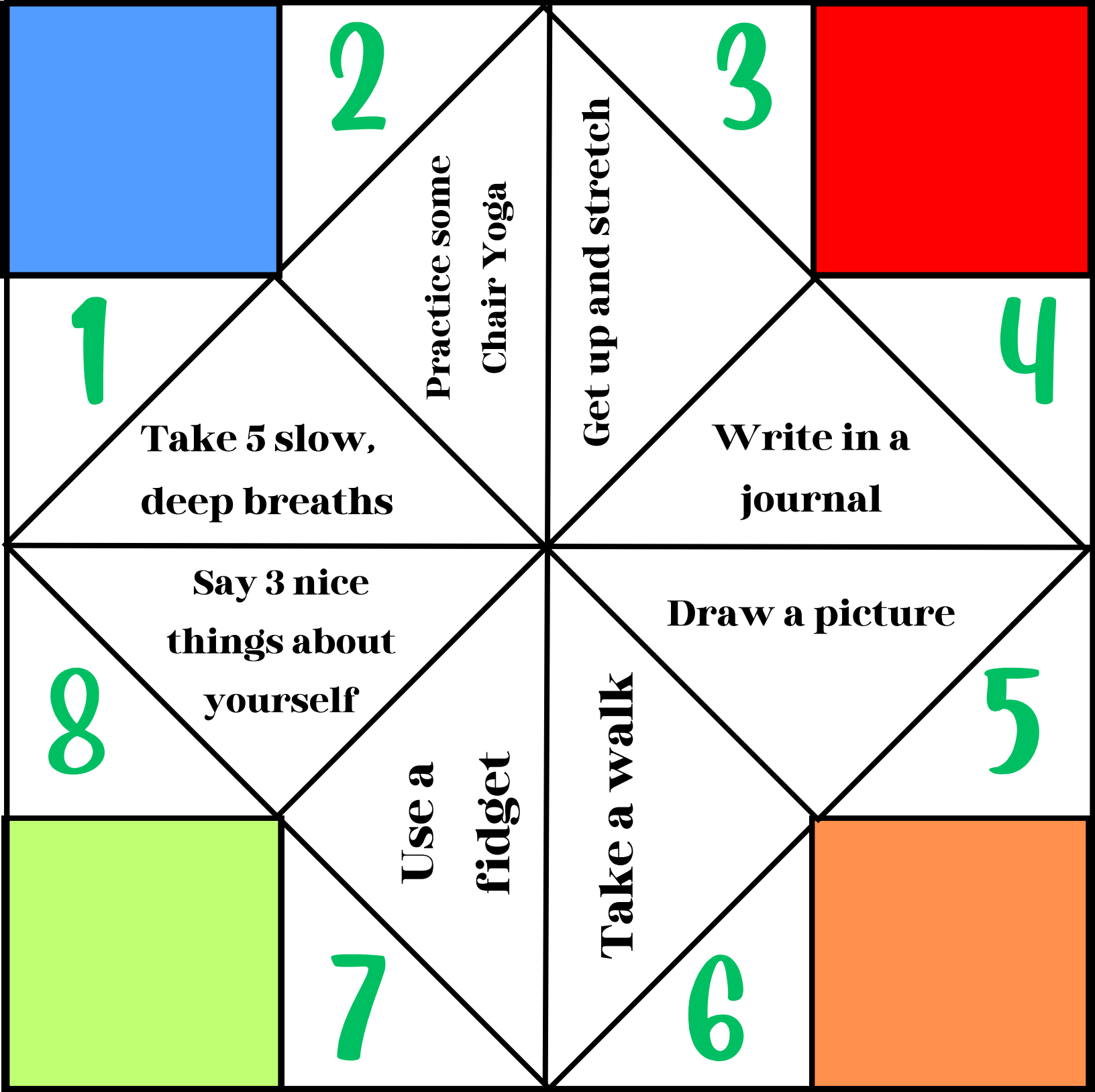


Elephant

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The page features a repeating pattern of green, stylized leaf icons. Each icon consists of three rounded, pointed shapes radiating from a central point, resembling a small sprout or a stylized leaf. These icons are scattered across the white background, with some appearing larger and more prominent than others. The text 'Worry Catchers' is centered in the middle of the page, with a small green leaf icon positioned to the left of the word 'Worry'.

Worry Catchers



1

Take 5 slow, deep breaths

2

Practice some Chair Yoga

3

Get up and stretch

4

Write in a journal

8

Say 3 nice things about yourself

7

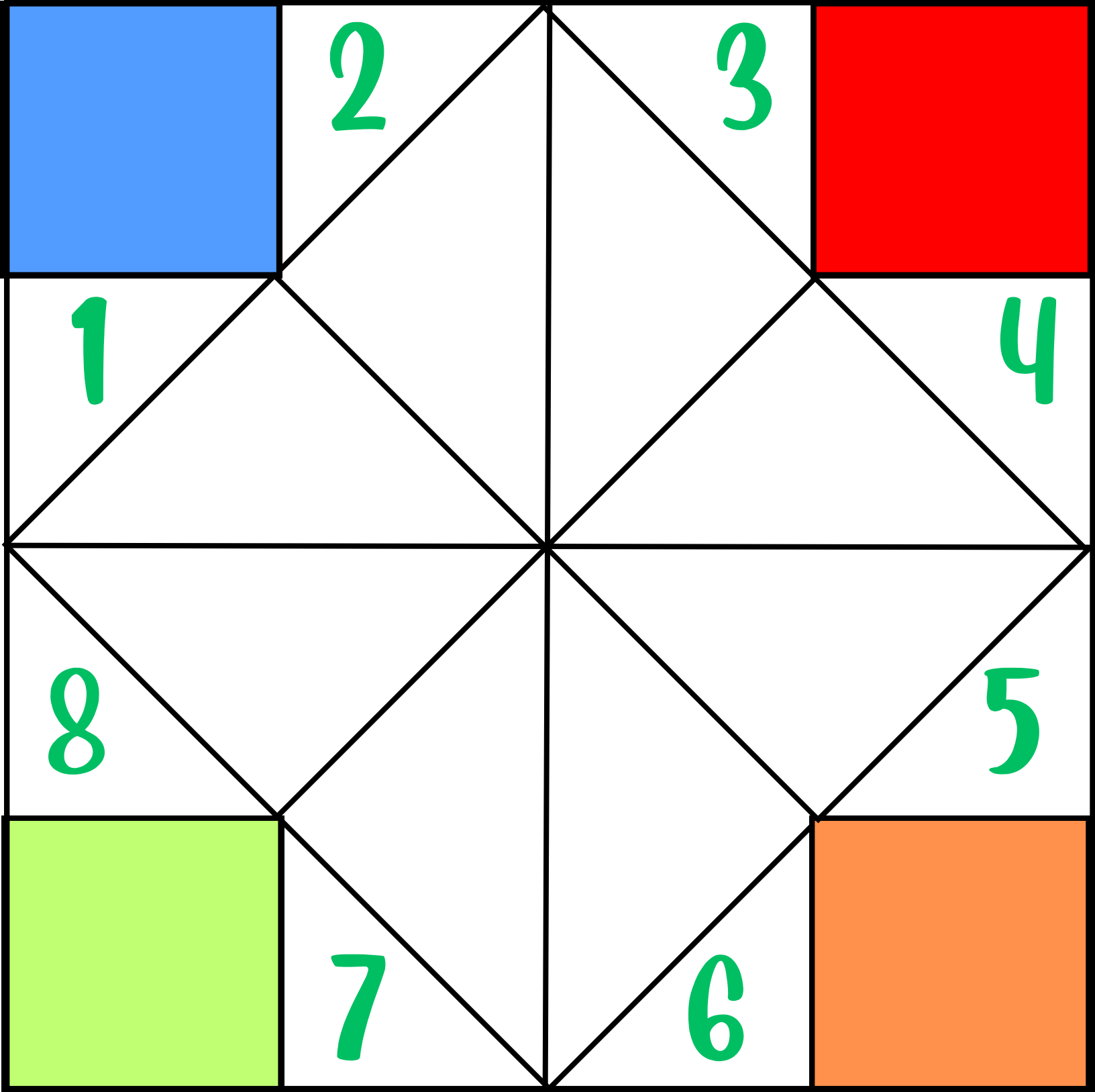
Use a fidget

6

Take a walk

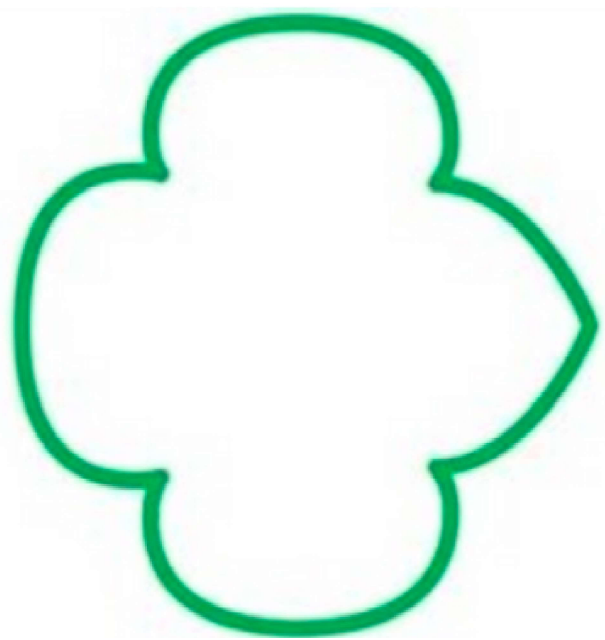
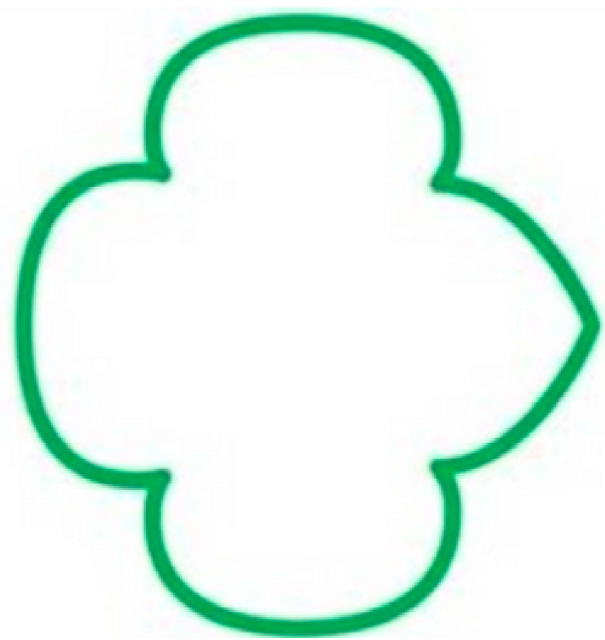
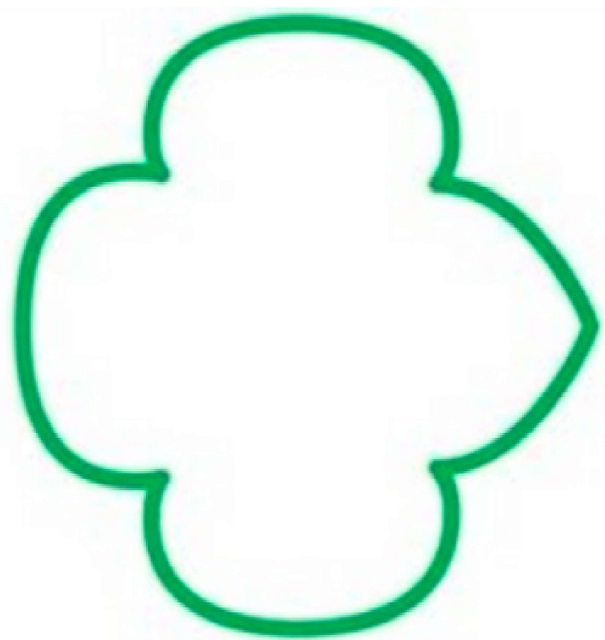
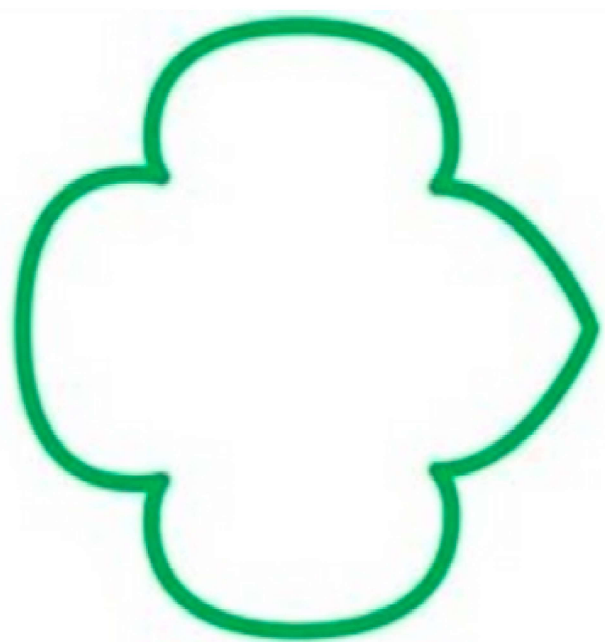
5

Draw a picture



The page features a repeating pattern of green, stylized grass-like icons. Each icon consists of three curved blades pointing downwards from a central point. These icons are scattered across the white background, with some appearing larger and more prominent than others, creating a playful, textured effect.

Fidget Stencils



The page features a repeating pattern of green, stylized leaf-like icons. Each icon consists of three rounded, pointed shapes radiating from a central point, resembling a small sprout or a stylized leaf. These icons are scattered across the white background, with some appearing larger and more prominent than others.

Coping Tool References

Card Ring Example








Coping Toolbox Example



Coping Notebook

Example

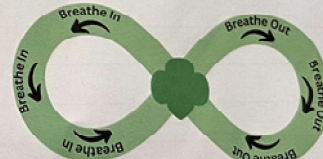
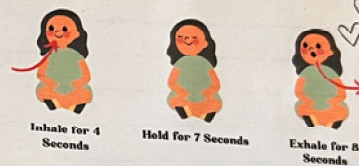
Grounding Exercise

- 5** List 5 things you can see 
- 4** List 4 things you can feel 
- 3** List 3 things you can hear 
- 2** List 2 things you can smell 
- 1** List 1 thing you can taste 

Box Breathing



4-7-8 Breathing



MIGHTY MINDS

*Troop Age Level(s): **Daisy**__**Brownie**__**Junior**__**Cadette**__**Senior**__**Ambassador**__

*Please write the number of girls per level

Troop Leader: _____

Street: _____ City: _____ State: _____ Zip Code: _____

Day Phone #: _____ Night Phone: _____ Cell: _____

1. Which activities did your troop enjoy the most?
2. In what ways did the girls give service in relation to this patch?
3. What activities did your troop complete?
4. Did you change or adapt any activities? In what way?
5. Would you suggest any changes?
6. Comments:

MIGHTY MINDS

Please return your Mighty Minds patch order form AND evaluation forms together!

Troop Age Level(s): Daisy _____ Brownie _____ Junior _____
 Cadette _____ Senior _____ Ambassador _____

Troop Leader: _____

Street: _____ City: _____ State: _____ Zip Code: _____

Day Phone #: _____ Night Phone: _____ Cell: _____

_____ # of patches @ **\$4.00 each:** \$ _____

*Shipping/handling: \$ _____

Total enclosed: \$ _____

VISA and MasterCard are also accepted.

Please charge my (circle one): **VISA** or **MasterCard**

Card #: _____ Expiration Date: ____ / ____ CVC _____

Signature: _____
(A signature is required on all Credit Card orders)

*For shipping and handling rates, please go to www.girlscoutsgwm.org/shop.

If you have any questions, please contact Customer Care at 1-888-474-9686. You may also email Customer Care at customercare@girlscoutsgwm.org.

Please mail this order form **AND** your evaluation to:

**The Mountain Top Shop
Girl Scouts of the Green and White Mountains
1 Commerce Drive
Bedford, NH 03110**