

A Mindful Girl



Girl Scout Patch Program

by Julia Tilton

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Girl Scout Patch Program Guidelines

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Goals of A Mindful Girl Patch Program

- To teach girls about the importance of recognizing their own true beauty.
- To explain how the media and social media often misrepresents true beauty in their portrayal of women & girls.
- To build girls' confidence.
- To teach girls how to be good friends to themselves and others, both online and off.
- To expose girls to mindfulness and meditation practices that can be used to help them reduce stress and calm down.



These goals are to be accomplished through hands-on activities that allow girls to have fun but also to learn and reflect upon how the topics relate to their own lives.

Some patch activities have been adapted from the following book: Carrier, Julie Marie, *Beyoutiful: The Ultimate Girl's and Young Woman's Guide to Discovering Your True Beauty, Gaining a Higher Self-Confidence and Developing Personal Success in All Areas of Your Life!* Positive Role Model Press, 2010

Requirements for Earning A Mindful Girl Patch

There are three types of activities that comprise A Mindful Girl Patch:

1. **Introductory Activities:** these two short activities must be completed by each age group, as a way to introduce them to the metaphor that goes with the "*Beauty Zones*" map, and to the concept of mindfulness.
2. **Beauty Zone Activities:** Each girl will receive a copy of the "*Beauty Zones*" map, which features the five zones that contribute to one's true beauty. Each beauty zone has corresponding activities.
3. **Mindfulness Activities:** A Mindful Girl patch program also contains several simple activities to allow girls to practice "mindfulness" as a way to cope with stress, stay calm and better handle their emotions.

To the earn A Mindful Girl Patch, girls must fulfill the following activities, at a minimum:

- **Daisies:** Intro activity, 2 Beauty Zone activities, 1 Mindfulness activity
- **Brownies:** Intro activity, 3 Beauty Zone activities, 1 Mindfulness activity
- **Juniors:** Intro activity, 4 Beauty Zone activities, 2 Mindfulness activities
- **Cadettes:** Intro activity, 5 Beauty Zone activities (1 from each zone), 2 Mindfulness activities
- **Seniors/Ambassadors:** Intro activity, 5 Beauty Zone activities (1 from each zone), 3 Mindfulness activities

A Mindful Girl Patch: Introductory Activities

Introduction to Beauty Zones:

Hand out to each girl a *Beauty Zones map* (attached) and ask girls to fill in their names. Introduce the girls to the metaphor of the Beauty Zone by using the following script to have them do a simple exercise, and conclude with the question and discussion.

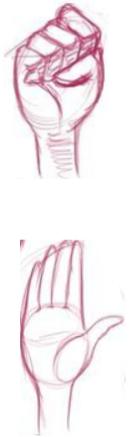
- **Beauty Zone Exercise Script:** *“This map represents your true beauty. It is made up of 5 zones: 1 – Body, 2 – Mind, 3 – Character, 4 – Choices, and 5 – Value.*

On this map, the zones are represented by your 5 fingers. Your palm is at the center of your hand, representing your true, inner beauty.

Even when you close your fingers into a fist (here, ask girls to make fists so they can better visualize), covering up your palm, that true beauty does not go away. It is always there, whether you can see it or not.

Now, as you stretch out your fingers away from your palm, as straight as they can be, look at how your palm is opened up, and your inner beauty shines outward.

Finally, notice that as you gently fold each finger down (ask girls to do this with one finger at a time, starting with their pointer finger, then middle finger, then ring finger, then pinky) your other fingers and Beauty Zones are brought down too.”



- **Question and Discussion:** Open a discussion by asking, *“What might be some examples of times when your Beauty Zones are brought down, covering up your inner beauty?”*

Conclude the discussion with telling the girls something like the following, *“When you think negative thoughts, make poor choices, or don’t stay true to yourself, these parts of your beauty may suffer. As you work to earn this patch, you will learn strategies for picking yourself up when you are feeling down (and your Beauty Zones are being dragged down, too!), as well as how to keep each aspect of your beauty healthy and shining (remember how when you straightened your fingers, your palm got to shine, too?), so that your inner beauty may shine outward.”*

Introduction to Mindfulness:

- **What is Mindfulness:** Ask the girls if they have ever heard of “mindfulness” before. If they have, ask them to share what they know. Has anyone ever told them to take a deep breath? How did that work for them?
- **Testing it Out:** Next, have girls test it out. Ask girls to stand up with their feet hips-width apart and their eyes closed and bodies relaxed. Now, ask girls to focus only on their middle toe. It may feel weird at first, but encourage girls to stay focused and not to giggle. If girls keep focusing on only their middle toe, soon enough they will feel physically “grounded” to the floor. Explain that this is an example of mindfulness: focusing into ourselves and our bodies so much that we are able to let everything else around us go and feel “grounded” to the floor.



A Mindful Girl Patch: Beauty Zone Activities

Beauty Zone 1: Body

Our body is just one of the 5 beauty zones. How does it relate to our overall beauty? The activities below will help you find out.

- **Conventional Ideas about Beauty:** Brainstorm what the media and social media tells us about beauty. For example, you can ask, *“Which celebrities/stars should we look like? What are some physical characteristics of these women?”*

Ask girls to write these ideas/names down on paper, and then crumple them up and throw them out! Explain the metaphor: *“We just threw out those ideas because they are false.”*

Now, brainstorm what TRUE beauty “looks” like, and write the girls’ ideas up on a poster or whiteboard. These are not physical characteristics such as skinny build and blonde hair, but rather personality traits such as friendliness, kindness, etc.

After the group has created a list of TRUE beauty traits, ask girls to put sticky dots or draw a mark next to each trait they identify with on the list.

- **Photoshop:** Ask the girls, *“How does the media and social media create unrealistic body expectations for women and girls?”* Then explore with them the concept of **Photoshop** using the description in the attachments. Next, ask girls to take a magazine and find a Photo shopped image. With a marker, tell them to circle areas they think may have been (altered) Photo shopped. Once they are done, reflect upon the changes that were made to the magazine, and discuss any final thoughts about “true-to-you” beauty vs. artificial, Photoshopped beauty.



- **Celebrate Your Body (Daisy and Brownie Activity):** Ask the girls, *“What are some of the things you love and cherish about your body?”* And have them brainstorm some of the unique things they are proud of relative to their body for (e.g., “I am proud that my body is strong” or “I am proud that my body can run really fast”). Ask them to share, *“What are some ways to build a healthy body and to take care of yourself? How do you keep your body feeling good and away from harm?”* (e.g., “I help my body grow by eating healthy foods and exercising each day”).

A Mindful Girl Patch: Beauty Zone Activities

Beauty Zone 2: Mind

The mind zone is one of the most powerful Beauty Zones, because it is the power of our own thinking! How do positive and negative thoughts affect our capacity to shine bright? Complete the activities below to find out.

- **Negative Thinking:** Ask girls, “What are some examples of negative thinking?” Write them down. Then ask them, “How do you tell when you are having negative thoughts? Do you feel anything in your body that gives you clues? What can you do when you think negative thoughts?” **Hint: Mindfulness!**

Next, using the *Feel-Great checklist* (attached) have girls create a list of things they can do to feel better when they are feeling down.

Extra activity: Using the *Negative-Thinking scenario cards* (attached), instruct girls to put on a short skit on how to deal with that kind of negative thought (using strategies they came up with on their “Feel-Great” checklists, for example).

- **Positive Thinking:** Next ask the girls, “What are some examples of positive thoughts? What kind of advice or pep talks do you give yourself when you want to feel good about yourself or hype yourself up?” Ask girls these questions, and then write their answers down. Now, have girls practice saying some of these thoughts out loud in front of a mirror or friend. Ask girls to use the “*Hello Beautiful*” *reflection cards* (attached), and fill them out with their own answers. When they are done with the activity, make sure girls bring their cards home and put them somewhere they pass by frequently.



A Mindful Girl Patch: Beauty Zone Activities

Beauty Zone 3: Character

Our character describes how we act toward others and what special qualities we may have.

- **Role Models:** Ask the girls, “*What is a role model? Do you have any role models you look up to? What about these role models’ character makes them special?*” As the girls answer, write any Role Model Special Qualities or ideas on a separate sheet of paper or poster or whiteboard. Now, help the girls brainstorm how they can be more like the people they look up to. Tell them to go up to where the Role Model Special Qualities are written, and put a heart next to each quality that reflects who they are.
- **Healthy Friendships:** Have each girl take the *Healthy Friendships quiz* (attached). When they take it the first time, ask girls to complete it with a friend in mind. Then, ask girls to take the quiz again, but this time, with themselves in mind. When they are done, ask them to compare how they scored their friendships with friends vs. their friendship with themselves. Which scores are higher? Have them share ideas about how can they be better friends to their friends and to themselves, including on social media.



A Mindful Girl Patch: Beauty Zone Activities

Beauty Zone 4: Choices

The choices we make have the potential to move us closer to our dreams or make it more difficult for us to accomplish what we want. In the activities below, explore how making healthy choices can help us feel happy and confident.

- **Putting on your high heels:** High heels may be a fancy style of shoe, but in this activity, they are also a way to talk about *rising above* unhealthy decisions by making choices that reflect our values, goals and dreams. You can describe the metaphor, that when girls put on “high heels,” they can elevate themselves from drama, gossip, and other unhealthy choices. Using the *High-Heel scenario cards* (attached), instruct the girls to put on short skirts in which they are faced with an unhealthy choice, but remember to put on their “high heels.”



Note: If girls completed the *“Feel Great” checklist* activity as part of the Mind Zone (Beauty Zone 2), they may use this checklist to get ideas for ways to “rise above” and make positive choices, both for their skirts and in real life situations.

- **Confidence:** High Heels can also work provide a metaphor for confidence. Just remind girls of the ABC’s: Always Be Confident! Hand out the *pre-made ABC’s cards* (attached) for the girls to take home. After handing the cards out, have the girls practice their own “confidence pose” in front of a mirror (e.g., if there is a restroom with a full-length mirror) or a friend. Talk with the group about what confidence looks like. Hint: it will look different for every girl, as it is however *she* feels comfortable! Conclude by asking them to share their answer to the question, *“How does confidence feel?”*



A Mindful Girl Patch: Beauty Zone Activities

Beauty Zone 5: Value

Our value is unique in that it is hard to see. It helps to think of our value as a precious diamond. Even if this diamond gets dropped a bunch of times, or gets a little dirty, or damaged, it is still extremely precious and valuable. Diamonds are unbreakable, and so is our value.

- **What Is Your Value?** Begin this activity by sharing the following with girls: *“No matter how many times you are brought down by negative thinking or words, your value does not change. It is always there, reminding you how priceless you are.”*

Though it may feel weird for them at first, tell girls to practice telling one another this. Have them go around and tell 5 people that they are valued and that they are priceless.

- **Self-Respect Fashion:** Begin the discussion on this topic by asking the group, *“How can we treat ourselves in the best way possible, knowing that we are valued and that we are priceless? How should we present ourselves in a way that shows we respect our bodies, minds, and all other aspects of our beauty?”*

Then, using the *“Classy-Chic” style definition cards* (attached), ask girls to create a fashion line of clothes that reflects their true, inner beauty. They may create these designs on paper dolls (*Paper Doll Cutout template* attached). When the girls are finished, have them display their fashions to one another and describe what is unique about their creations. And encourage them to share their creations with friends and family.



A Mindful Girl Patch: Mindfulness Activities

- **Snow Globe Activity:** Bring in a snow globe from home to use to explain mindfulness. Shake the snow globe up and say something like the following to the girls, *“Imagine that the glitter/snow is like your thoughts when you’re stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That’s why it’s so easy to make silly decisions when you’re upset—because you’re not thinking clearly. Don’t worry, this is normal and happens to all of us.”*

Then, put the snow globe down to allow it to settle. Say, *“Watch what happens when you’re still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you’re calm for a little while, your thoughts start to settle and you can see things much clearer.”*

- **Bell Listening Activity:** This is a short meditation/mindful breathing exercise appropriate for beginners to mindfulness practice. Make sure you have a bell with a sustained sound or a chime on your phone or on YouTube that lasts for a while and grows increasingly quieter.

- **Follow this script:** *“Please get into your ‘mindful bodies’ — still and quiet, sitting upright, eyes closed.”*

“Now place all your attention on the sound you’re about to hear. Listen until the sound is completely gone. When you can no longer hear the sound, please raise your hand.”



- **Ring a “mindfulness bell”** or play a chime from your phone.
- **As the chime dissipates**, and when most or all of the girls have raised their hands, say, *“Now slowly, mindfully, move your hand to your stomach or chest, keep your eyes closed, and feel your breathing for another minute or two.”*
- You can help girls stay focused during the breathing with **reminders like**, *“Just breathing in... just breathing out.”*
- After another minute or two, **ring the bell** again to end.
- **Ask the girls** to describe what sounds they heard after the bell or chime stopped and they were focusing on their breathing.

- **Heartbeat Activity:** Ask girls to jump up and down, do jumping jacks, or run in place for one minute. Be sure to time them (1 minute can be a long time!). Then, when they are finished, ask them to sit down and place a hand over their hearts. If they are comfortable, tell them close their eyes and pay attention to only their heartbeat for one minute. Have them focus on their heart rate as it slows and also their breathing during that one minute. Ring a bell to end the one minute or ask girls to open their eyes.



A Mindful Girl Patch: Index of Attached Handouts And List of Additional Materials Needed

Attached Handouts <i>(photocopy one for each girl)</i>	Page	Activity Handout is Used With	Page
My Beauty Zone Map	11	Introductory Activity	3
Photoshop Description (only one copy needed)	12	Beauty Zone 1 – Body Activity	4
Feel Great Checklist	13	Beauty Zone 2 – Mind Activity	5
Negative Thinking Scenario Cards	14	Beauty Zone 2 – Mind Activity	5
“Hello Beautiful” Reflection Cards <i>and</i> ABC (Always Be Confident) Cards	15	Beauty Zone 2 – Mind Activity Beauty Zone 4 – Choices Activity	5 7
Healthy Friendship Quiz	16-17	Beauty Zone 3 – Character Activity	6
High Heels Scenario Cards	18	Beauty Zone 4 – Choices Activity	7
Classy Chic Style Definition Cards	19	Beauty Zone 5 – Value Activity	8
Paper Doll Cutout Template	20	Beauty Zone 5 – Value Activity	8
A Mindful Girl End of Patch Survey	21	End of Program <i>(optional)</i>	

Additional Materials Needed for A Mindful Girl Patch Program: *In addition to the handouts, you will need the following materials for running A Mindful Girl Patch Program.*

1. Paper (2-3 sheets per girl)
2. Pencils (1 per girl)
3. Poster or whiteboard (1-2 total)
4. Magazines (Enough for girls to share and each have a turn looking through)
5. Colored markers, pencils or crayons (Enough for girls to share)
6. Snow globe (1)
7. Bell or chime on phone (1). (Bell or chime should make a sustained sound that slowly fades; these can be found in your cell phone’s tones as well as on YouTube)

MY TRUE Beauty

» zones map «

Name: _____



Color me in and decorate me!

A Mindful Girl: Photoshop Description

*adapted from *BeYOUtiful* by Julie Marie Carrier

Photoshop is a digital editing process that is often used on pictures of models or celebrities before they are published on social media, in magazines, or in advertisements.

Typically, a graphic artist is tasked with editing and “retouching” photos of models. Now, this person is called an artist for a reason. As part of their job, this person gets to recreate parts of the photo, and airbrush other parts away. By putting an image through this heavy editing process, only the best and most “perfect” aspects of the photo are kept, and every other little flaw or imperfection is wiped away.



What are the consequences of Photoshop? Unfortunately, the practice of Photoshop and retouching techniques is so widespread, you can assume that almost every photo you see in a magazine or published in an advertisement online has been retouched/edited to some extent, unless noted otherwise. (Dove Real Beauty or #AerieReal campaigns, for example.)

However, companies and businesses are increasingly realizing the harm that Photoshop does to women and girls everywhere. It sets unrealistic body expectations and decreases confidence and self-esteem. It builds up the idea that perfection is something to strive toward, even when nothing in life is perfect. In the real world, it is unreasonable and unacceptable to expect anyone to be or look perfect, and the media should reflect that.

As more strong women and girls are speaking out on this issue everywhere, companies and businesses are listening and trying to improve. Places like Aerie and Dove have set the standard for how we should embrace beauty and individuality for all shapes, sizes, and colors. However, there is still much more work to be done to ensure that ALL women and girls are given equal representation. How will you speak out to help make a change?

A Mindful Girl: Feel-Great Checklist



Name: _____

1. _____

2. _____

3. _____

4. _____

5. _____

A Mindful Girl Patch Program
Negative thoughts scenario cards

"I don't have very many friends."

A Mindful Girl Patch Program
Negative thoughts scenario cards

"I'm not going to do well in school."

A Mindful Girl Patch Program
Negative thoughts scenario cards

"I don't look pretty today."

A Mindful Girl Patch Program
Negative thoughts scenario cards

"I will never be as talented as my favorite singer/actress/celebrity."

A Mindful Girl Patch Program
Negative thoughts scenario cards

"I'll never be as smart as my friend."

A Mindful Girl Patch Program
Negative thoughts scenario cards

"My friends are so much more popular than me."

Create your own!

A Mindful Girl Patch Program
Negative thoughts scenario cards

A Mindful Girl Patch Program
Negative thoughts scenario cards

Hello Beautiful!

Something I LOVE and appreciate about myself is _____.

a positive thought that makes me feel GOOD about myself is: _____.

always remember your ABC's

Always Be Confident!

and remember: if you don't feel confident, act confident. No one will know the difference!

Hello Beautiful! *

Something I LOVE and appreciate about myself is _____.

a positive thought that makes me feel GOOD about myself is: _____.

always remember your ABC's

Always Be Confident!

and remember: if you don't feel confident, act confident. No one will know the difference!

A Mindful Girl: Friendship Quiz

*quiz adapted from pg. 180 of *BeYOUtiful* by Julie Marie Carrier

What's your friendship rating? Answer the questions below to find out!

In your mind, picture your best girl friend. Please read through the following questions and check “yes” or “no,” depending on how you treat your friend.

1. Do you ever compare her to the girls you see in magazines, flash the pictures in front of her, and say things to make her doubt she is beautiful? __Yes __No

2. Do you ever say to her, “I would like you better if you were prettier!” ? __Yes __No

3. Do you often pick on a lot of her flaws when you look at her? __Yes __No

4. Do you tell her mean things if what she does is less than perfect? __Yes __No

5. Do you tear her down when she's having a rough time? __Yes __No

6. Do you make her doubt her ability to achieve her dreams? __Yes __No

How did you do? Please add up your points. For every question you answered “Yes,” you get **0 points**. For every question you answered “No,” you get **10 points**.

Add up your total points and write them here: _____

Now, see how you rate as a friend:

- 60 points: You are a beautiful, true friend! You treat your bestie with kindness and respect.

- 50 points: You can be a good friend, but are not always acting like her best friend.

- 0-40 points: Uh oh. It sounds like you are not being a very good friend to her, and are perhaps even acting mean. She deserves your love, care and respect.

Now, take the quiz again, but with yourself in mind. As you go through each question, answer honestly “**yes**” or “**no**” depending on how you treat yourself.



1. Do you ever compare yourself to the girls you see in magazines by looking at the pictures and saying things that make you doubt how beautiful you are? __Yes __No
2. Do you ever say to yourself, “I would like you better if you were prettier!” ? __Yes __No
3. Do you often pick on a lot of your flaws when you look at yourself? __Yes __No
4. Do you tell yourself mean things if what you do is less than perfect? __Yes __No
5. Do you tear yourself down when you’re having a rough time? __Yes __No
6. Do you make yourself doubt your ability to achieve your dreams? __Yes __No

Calculate your points, and determine how well you treat yourself using the same scale. For every question you answered “**Yes,**” you get **0 points**. For every question you answered “**No,**” you get **10 points**.

Add up your total points and write them here:_____

How do your results compare to the first time you took the quiz? As you reflect on your answers and results, consider the following questions:

- How can you be a better friend to yourself and to your friends?
- How can you treat yourself the in the same caring way you treat your friends?
- What are some aspects of a true friend? What makes a friendship healthy and lasting?

**A Mindful Girl Patch Program
High Heels to "rise above" activity**

There is a nasty rumor going around school about Sara, a girl in your class who doesn't have many friends. One of your close friends believes the rumor is true and wants to tell all of her friends. What do you do?

**A Mindful Girl Patch Program
High Heels to "rise above" activity**

All of your friends have Instagram/Snapchat and want you to get it too. You have talked to your parents about it, and they want you to be older before you download the social media app. Your friends say you can just download it without telling your parents. What do you do?

**A Mindful Girl Patch Program
High Heels to "rise above" activity**

Hannah asked her mom if she could borrow some of her mom's makeup for the school dance. Her mom said she doesn't want her daughter to wear make-up to the dance. Hannah's friends say she can just borrow makeup from them instead and wear it to the dance. What should Hannah do?

**A Mindful Girl Patch Program
High Heels to "rise above" activity**

You have a friend who has not been eating all day because she is really worried about some tough things going on in her life. Now she isn't feeling well since she hasn't had any food. What do you tell her to do?

**A Mindful Girl Patch Program
High Heels to "rise above" activity**

You have a friend who has been really anxious at school lately and is worried she is going to get "bad" grades in all of her classes. She has decided to give up on doing her homework, because she doesn't see the point and she thinks she will never be able to get "good" grades. What do you say to her?

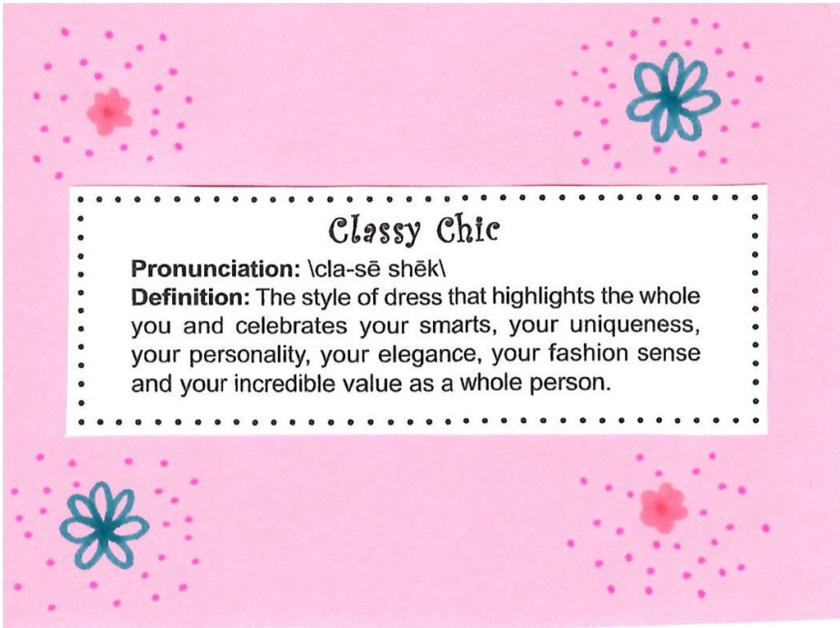
**A Mindful Girl Patch Program
High Heels to "rise above" activity**

One of your friends has been posting mean comments online about girls that go to your school. When confronted about it, she says that it is all a joke, and that the girls she is targeting are in on it too. But when you talk to the girls who the comments are about, they say they feel hurt by the comments. What do you do?

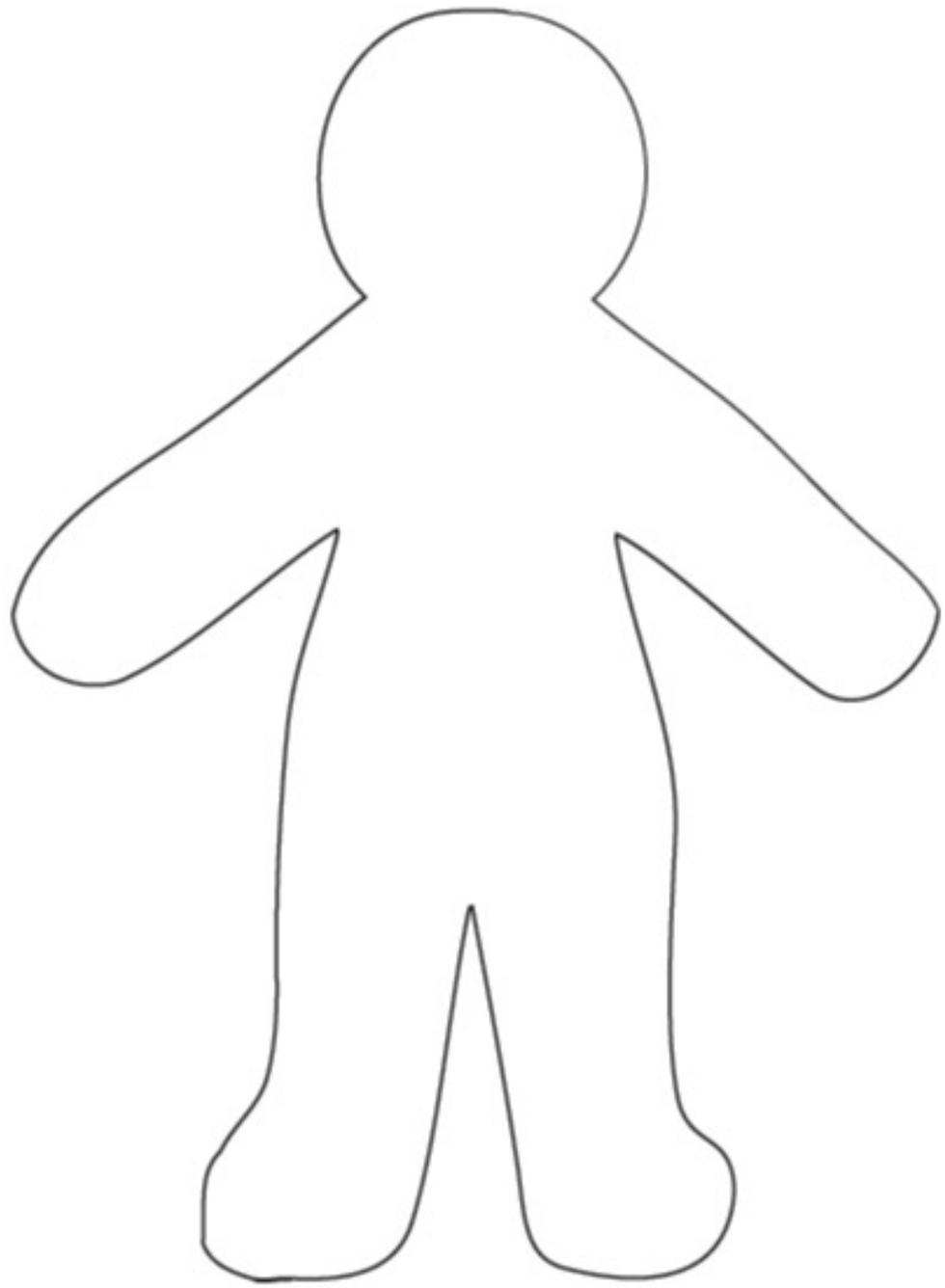
Create your own!

**A Mindful Girl Patch Program
High Heels to "rise above" activity**

**A Mindful Girl Patch Program
High Heels to "rise above" activity**



Note: The Classy Chic Style Definition was adapted from pg. 116 of *Beyoutiful*



A Mindful Girl:
End of Patch Survey

Name: _____

1. What were 3 things you learned in completing this patch program?

2. What are you still curious about and want to learn more about?

3. What was your favorite part of the patch program? (favorite activity, moment, etc.)

4. What was something you did not enjoy about the patch program?

5. Please rank your experience with the patch program (circle):

1 - I didn't like many of the activities and I wish we did something else.

2 - The activities were okay but I didn't really learn anything.

3 - Some of the activities were fun and I feel like I learned something.

4 - Most of the activities were fun and I learned from them too. I would want to do them again if we could.

5 - I loved all of the activities we did and I would want to do them again. I learned so much from this patch program.

A MINDFUL GIRL

*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:

A MINDFUL GIRL

Please return your A Mindful Girl 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 @ **\$2.50 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 <https://www.girlscoutsgwm.org/en/our-council/shop.html>.

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**