

# Healthy Body, Healthy Mind

Virtual Meeting Adaptation: Troop leaders have shared that the most successful virtual meetings allow plenty of time for games and socialization. Consider splitting this meeting into three sessions using this framework.

**Meeting Framework: 3 meetings, 90 minutes each**

General Sequence	Meeting 1	Meeting 2	Meeting 3
Welcome	Opening Ceremony (5 min)	Opening Ceremony (5 min)	Opening Ceremony (5 min)
Program Activity	Find out how relationships and health are connected with this activity ( <a href="https://youtu.be/1sk0Yjfx93w">https://youtu.be/1sk0Yjfx93w</a> ) (45 min)	Tune in to this Girl Scout Campfire Chat to hear from Joan Kuhl, author of Dig Your Heels In for tips and techniques that will help bring balance to your life ( <a href="https://www.youtube.com/watch?v=JZ7b39Gu0l0&amp;feature=youtu.be">https://www.youtube.com/watch?v=JZ7b39Gu0l0&amp;feature=youtu.be</a> ). (40 min)	Girl Scout alum and literary whiz Leigh Newman, memoirist and former books editor of Oprah.com, will walk you through how to begin journaling about your life—from sharing your most authentic thoughts and feelings to describing the events that shape your world in ways that will resonate with you for years to come ( <a href="https://www.youtube.com/watch?v=lx-4RnK8Aro&amp;feature=youtu.be">https://www.youtube.com/watch?v=lx-4RnK8Aro&amp;feature=youtu.be</a> ). (40 min)
Social Activity	Zumba or other dance-inspired fitness activity (35 min)	Do a yoga or meditation activity (40 min)	Invent and play a virtual version of a favorite childhood board game (40 min)
Closing	Closing Ceremony: Friendship Circle (5 min)	Closing Ceremony (5 min)	Closing Ceremony: Friendship Circle (5 min)