

**girlscouts**  
carolinas peaks  
to piedmont



# Healthy View, Healthy YOU Patch Program



BlueCross BlueShield  
of North Carolina

## HealthyBlue

This patch program was generously funded by Blue Cross and Blue Shield of North Carolina's Healthy Blue Medicaid plan. Healthy Blue advocates a community approach to health education and outreach activities and has a proven record of collaborating with community and faith-based organizations, advocacy groups and other community resources. Their health education and outreach approach emphasize healthy behaviors, preventive care and wellness. Thanks to the support of Healthy Blue, Girl Scouts Carolinas Peaks to Piedmont is working toward the larger goals of destigmatizing mental illness, normalizing conversations around mental health and mental illness and delivering inclusive workshops for Girl Scouts of all backgrounds.

In earning this patch, you will learn about ways to help you explore healthy habits, how to implement them in your everyday lives, as well as learning ways to improve your mental wellbeing.

After completion, request for your FREE patch at [bit.ly/4mvj6LH](http://bit.ly/4mvj6LH).

### Patch Requirements:

Girl Scout Daisies and Brownies complete at least five activities.

Girl Scout Juniors complete at least 10 activities.

Girl Scout Cadettes complete at least 15 activities.

Girl Scout Seniors and Ambassadors complete at least 20 activities.

Everyone must complete one activity from each category.



# How to Earn Your Patch



## Physical

- Go on a walk or a jog.
- Go on a bike ride.
- Practice yoga or Pilates.
- Participate in a sport such as tennis, soccer, basketball, swimming or hiking.
- Try a new, healthy snack.
- Eat a fruit or vegetable from every color of the rainbow.
- Drink water instead of soda/juice for one day.
- Talk with an expert or family member to come up with your own healthy eating plan.
- Help prepare the weekly dinner menu, including healthy options.
- Substitute a sugary snack with a piece of fruit.
- Getting sufficient rest and quality sleep allows your body to recover, repair and recharge. Get at least eight hours of sleep.
- Managing stress effectively is crucial for physical wellness. Practice mindfulness meditation or deep breathing exercises.
- Listen to music.

## Intellectual

- Take up a new hobby or interest such as cooking, kayaking, sewing or bowling.
- Read a new book.
- Put together a puzzle.
- Write a story or a poem.
- Visit a museum.
- Get a library card and check out a book.
- Watch a documentary.
- Build a model.
- Learn about computer coding and programming by creating a project at [www.scratch.mit.edu](http://www.scratch.mit.edu).
- Try learning another language using the DuoLingo app.
- Participate in a strategy game like chess or an escape room.
- Engage in reflective thinking by journaling or writing about specific experiences, challenges or ideas.
- Take time to self-reflect.

## Environmental

- Practice recycling at home or at school.
- Turn off the lights whenever you leave the room.
- Use eco-friendly products, such as reusable straws, water bottles, cutlery, grocery bags, etc.
- Turn off the water when you are not using it.
- Spend time in nature. This can involve activities like hiking, gardening, camping or simply enjoying outdoor spaces.
- Make a craft using natural materials.
- Participate in a community clean up or pick up trash in your local area.

## Emotional

- Engage in mindfulness practices such as meditation, deep breathing or body scans.
- Play a game of charades with your friends or family and act out different emotions just using body language and facial expressions.
- Journaling: Set aside time for regular journaling. Write about your thoughts, emotions and experiences.
- Keep a gratitude journal for a week and list at least five things you are thankful for each day.
- Reflect on your values and beliefs: Take time to identify your core values and beliefs. Consider how they align with your actions and choices.
- Regular check-ins: Set aside regular moments throughout the day to check in with yourself.

## Social

- List ways that you can help your friends who are going through a hard time.
- Make a poster to promote kindness and share it with others.
- Create a drawing or small gift to give to someone to brighten their day.
- Make a skit to share positive ways you might respond to a bully.
- Brainstorm ways you can be kind and make a calendar. Use a blank calendar and fill in the blanks. For every kind activity you complete, you can check it off of the calendar.
- Write your thoughts on why it is important to be a friend first and avoid bullying behavior.
- Participate in social activities, volunteering or contributing to the community.
- Practice active listening skills by giving your full attention to others while being present and seeking to understand their perspectives.
- Create a kindness jar and write down acts of kindness you have witnessed or received. Decorate the slips of paper and add them to the jar. Regularly take the time to read and reflect on the kind acts.
- Play a game with others your age where you must work together instead of competing against each other.
- Mentor a girl younger than you and help her achieve a goal of hers.
- Learn about another culture and experience their traditions, cuisine, language or a celebration.

# Prioritizing Your Health

## **Physical**

**Taking Care of Your Body**

Physical wellness refers to the state of overall health and well-being of an individual's physical body. It encompasses various aspects, including fitness, nutrition, sleep and overall physical functioning. Having physical wellness means taking care of your body through regular exercise, maintaining a balanced and nutritious diet and getting enough restful sleep.

## **Intellectual**

**Believe in Yourself**

Intellectual wellness refers to the state of having an active and engaged mind, constantly seeking and expanding knowledge and engaging in intellectually stimulating activities. It involves the ability to think critically, creatively and analytically, as well as the openness to new ideas and perspectives.

## **Emotional**

**Explore and Express Your Emotions**

Emotional wellness refers to the ability to understand, manage and express emotions in a healthy and balanced way. It involves having a positive outlook on life, developing strong relationships and coping effectively with life's challenges and stressors.

## **Environmental**

**Your Surrounding Environment**

Environmental wellness refers to the state of harmony between individuals and their surrounding environment. It involves recognizing the impact of our choices and actions on the natural world and striving to create a sustainable and healthy environment for ourselves and future generations.

## **Social**

**Be the Best You**

Social wellness refers to the quality and extent of an individual's relationships, interactions and sense of connection with others. It involves developing and maintaining healthy relationships, engaging in positive social interactions and having a support system in place.