

## I.C. Hope Mental Health Patch Program

Age levels:

B	J	S2B
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Complete the **four** starred activities, plus:

**Brownie** Girl Scouts – complete **two** additional activities

**Junior** Girl Scouts – complete **three** additional activities

**Studio 2B** Girl Scouts – complete **four** additional activities



### These activities promote good mental health:

- \*1. Draw a picture showing how you feel today. Explain your feelings to the other girls in your troop. Explain how our emotions and feelings affect our mental health. Draw a picture or poster showing the range of emotions we can feel on any given day.
2. Make a list of all the words that can be used to describe “feeling” and “emotions.” Divide the list into positive and negative feelings.
3. Every day for a week, write down the feelings and emotions you experience. If you have more negative than positive feelings on your list, talk to a parent, your scout leader or another trusted adult about it.
- \*4. Write down five things you can do to be nice to someone else (to a friend, parent, teacher, etc.). Then do two of these things this week and write down how you felt when you did them.
5. Keep a journal for a week. Write down all the nice things and all the mean things you do to others and that are done to you. At the end of the week, read your list and write down how you felt when people did nice things to you and how you felt when people did mean things to you.
6. Invite someone in the mental health field to visit your troop. You may also visit a mental health center to develop a better understanding of how treatment is provided for people who suffer from “severe” mental illness. (Speakers are available FREE of charge at the Mental Health Association of Middle Tennessee. Call (615) 269-5355 locally or toll free (866) 535-DUCK for more information.)
- \*7. Discuss the importance of being able to determine the warning signs of mental illness and what steps you should take if you, a friend or a loved one shows any of these signs.
8. List five careers that are commonly found in the mental health field, and site the education and experience you feel these careers require.
9. Define the word “stigma.” Look for examples of stigma in television shows, newspapers, comics, radio shows, etc. Describe stigmatizing words or shows. Then

write a letter to the producer, editor or other appropriate person expressing concern about the stigma they are perpetuating and ask them to stop doing this in the future.

10. Come up with a “joke-of-the-week” to share at your troop meeting and continue this routine for two months. You can also tell a joke-a-day at home and share the jokes with your troop. Humor is a great stress reliever and mental health booster.
- \*11. Learn of volunteer opportunities in your community where you could be of help to someone with a mental illness.
12. Choose one of the most common types of mental illness in adolescents and youth, and research it. Write a short paper describing the illness and give other important information. Present your findings to your troop. (The most common mental illnesses in this age category include: depression; Bi-polar; anxiety disorders including Obsessive Compulsive Disorder, Phobias, Panic Attacks and Post Traumatic Stress Disorder; Conduct Disorder; Attention Deficit Hyperactivity Disorder; Eating Disorders and Autism.)

***PLEASE CONTACT P.J. DAVIS AT THE MENTAL HEALTH ASSOCIATION OF MIDDLE TENNESSEE WHEN YOUR TROOP HAS COMPLETED THE GIRL SCOUT PATCH ON MENTAL HEALTH. WE WOULD LIKE TO ORGANIZE A PARTY TO RECOGNIZE YOUR GIRL SCOUTS AND HAVE I.C. HOPE<sup>SM</sup> PRESENT THEM WITH THEIR PATCHES. # (615) 269-5355 OR [PJDAVIS@MHAMT.ORG](mailto:PJDAVIS@MHAMT.ORG).***

*The Mental Health Association of Middle Tennessee is available to assist with any portion of the I.C. Hope Mental Health patch requirements. Please call (615)269-5355 for more information, video rental, brochures, etc.*