

Daisy - Pick at least Emotions (1 activity), Coping Skills (1 activity), Exercise (1 activity), Nutrition (1 activity), and Sleep (1 activity)

Brownie - Pick at least Emotions (1 activity), Coping Skills (2 activities), Exercise (1 activity), Nutrition (1 activity), and Sleep (1 activity).

Junior - Pick at least Emotions (1 activity), Coping Skills (2 activities), Exercise (1 activity), Nutrition (1 activity), and Sleep (1 activity) + 2 more activities from any category.

- Emotions
 - Description
 - Emotions are the different ways that we feel throughout the day. Examples of emotions include happy, sad, excited, scared, mad, tired, annoyed, bored, etc. All emotions are normal to feel, however, emotions affect the way our body feels and reacts.
 - Activities
 - Play emotions charades - write different emotions on slips of paper. One girl will pick an emotion and either act it out or describe how it feels without using the word, everyone else guesses what the emotion is.
 - Create emotion maps. Draw a hollow body figure on a piece of paper or trace your body onto butcher paper for each emotion, write/draw around or on the body where/how each emotion affects their body. For example, scared with butterflies in the abdomen area or mad with red-colored hands. Discuss how the way we feel emotions can be similar or different and that it is normal!
- Coping Skills
 - Description
 - Coping skills are different things that we can do to help our minds and bodies calm down when we are upset or experiencing strong emotions. Some examples of coping skills can include talking to family, reading, coloring, etc. There are many different types of coping skills and you may not enjoy all of them. That's okay! Try a variety of activities to see what helps you best!
 - Activities
 - Deep breathing can help calm our bodies when we are feeling strong emotions. When we take deep breaths, it helps our brain and our body get more oxygen to help us relax. Learn at least 3 new breathing techniques that you can use when feeling strong emotions. Some examples include:
 - Belly breathing
 - Shape breathing
 - Lazy 8 breathing
 - Bunny breathing
 - Lion breathing
 - Volcano breathing

- Create a “calm down jar” or “sensory bottle.” Sometimes when we feel overwhelmed or upset, it can help to involve our sensory system to distract our mind. After creating your jar/bottle, give it a shake and focus on the movement of the items inside.
 - Simple recipe:
 - $\frac{1}{3}$ corn syrup and $\frac{2}{3}$ water (1:2 ratio)
 - Add items such as glitter, sequins, water beads, etc. (if using water beads, be sure to activate before adding to jar)
 - Fill clear bottle to top and super glue lid on
 - You can find additional recipes online, experiment with what you like best!
 - Volunteer in the community with your troop and/or family. Discuss how volunteering made you feel.
 - Make a homemade stress ball. When you feel upset, give it a squeeze.
 - Ingredients: 3 balloons, flour, funnel, scissors
 - Fill one balloon with flour slowly using funnel
 - Carefully remove excess air and tie off.
 - Cut off end of second balloon and place over 1st balloon filled with flour
 - Place 3rd balloon over first 2 balloons and tie off.
 - Write an acrostic poem about yourself. Write the letters of your name on paper vertically. Come up with a positive word or phrase to describe you that starts with each letter of your name. Keep this in a spot that you see every day as a reminder of your positive qualities.
- Exercise
 - Description
 - Physical activity is important for our brains. When we exercise, our brain creates chemicals called neurotransmitters that help us feel happier and can help our memory, attention, and concentration. Exercise also causes our blood to pump faster, which means that our brains get more nutrients.
 - Activities
 - The CDC recommends that children and adolescents engage in 60 minutes (or more) of moderate to vigorous exercise each day. Keep an exercise journal for one week to keep track of how much physical activity you engage in. Did you get the recommended amount? Come up with at least 3 activities that you can do at home to increase your time.
 - Learn at least 5 different yoga poses. Try hosting your own yoga class for extra fun!
 - Create an obstacle course out of materials around your home or meeting space.
 - Participate in an outdoor activity at camp, such as games and initiatives, archery, horses, etc.

- Nutrition Activities
 - Description
 - Food is the fuel that our body uses to move and think. What we eat affects how our brains think and feel. Eating healthy foods can increase our energy and help our brains.
 - Activities
 - Create a snack using only fruits and/or vegetables.
 - Do a blind taste test of different fruits and vegetables, include at least 2 foods you have never tried before. How many did you guess correctly?
 - Learn about “MyPlate” the USDA recommended nutrition guidelines. Come up with at least 5 foods for each category. (myplate.gov)

- Sleep Activities
 - Description
 - Sleep is very important for our brains. When we do not get enough sleep, our brains can feel tired and give us less energy. Oftentimes, a lack of sleep will even affect our moods and make us cranky!
 - Activities
 - The CDC recommends that children ages 6-12 achieve 9 to 12 hours of sleep each night. Keep a sleep diary for one week to track how much sleep you achieve each night. Did you achieve enough sleep? Come up with at least 2 things you can try to get more sleep.
 - Learn at least 1 benefit that a good night’s sleep has on our brain and teach your family and/or a friend. Useful resource: sleepforkids.org
 - Think about a day that you did not get very much sleep. Compare how you felt that day to a day that you got a lot of sleep and discuss it with your troop and/or family.