

# Wellness Challenge

Wellness is the process of making choices and decisions that help you become the best version of yourself.

**There are six areas of wellness—body, mind, emotional, environmental, social, and conscious.**

Do 1–2 activities from each area to complete the challenge.  
For the Girl Scout Daisies and Brownies,  
please ask an adult for help if needed.



To order patches, please visit  
[bit.ly/BCBS-Wellness-Program](https://bit.ly/BCBS-Wellness-Program)  
or scan the QR code.



## Body Wellness

making choices and decisions that are best for your body

### **Girl Scout Daisies, Brownies, Juniors:**

- Be active for at least 30 minutes a day.
- Include more vegetables and fruit in your meals.
- Drink water instead of soda or juice.
- Turn off your electronic devices an hour before bed for a full week.

### **Girl Scout Cadettes, Seniors, Ambassadors:**

- Be active for at least 30 minutes a day.
- Include more vegetables and fruit in your meals.
- Drink water instead of soda or juice.
- Turn off your electronic devices an hour before bed for a full week.



## Mind Wellness

making choices and decisions that help in improving knowledge and skills

### **Girl Scout Daisies, Brownies, Juniors:**

- Try something new.
- Practice something at home that you learned at school like writing your name, numbers, or coloring.
- Draw a picture of what you think you will look like when you grow up.

### **Girl Scout Cadettes, Seniors, Ambassadors:**

- Research a topic that interests you.
- Take time out to read a book.
- Create a vision board and set goals for yourself.
- Try something new once a week.



## Emotional Wellness

making choices that help in coping effectively  
with life and having satisfying relationships

### **Girl Scout Daisies, Brownies, Juniors:**

- Talk to a trusted person or adult when you feel sad or angry.
- When you are upset and it's hard to explain what you're feeling draw a picture.
- Make a feel good box with things that make you smile and look at them when you are feeling upset.

### **Girl Scout Cadettes, Seniors, Ambassadors:**

- Create a feelings log for a week and write down how you're feeling and what caused it.
- Spend more time with friends.
- Try different ways of relaxing.
- When something is bothering you talk to someone you trust.



## Environmental Wellness

making choices that surround yourself with places  
that are safe, pleasant, and stimulating

### **Girl Scout Daisies, Brownies, Juniors:**

- Clean up your room, make your bed, and put away your toys.
- Put up your favorite artwork around your room.
- Help an adult clean up around your community.

### **Girl Scout Cadettes, Seniors, Ambassadors:**

- Do a clean-up around your neighborhood or local park.
- Redecorate your room and see if there's anything you can change to make it more appealing.
- Check the cleaning products in your home to see if they contain harmful chemicals.



## Social Wellness

making choices that will help improve relationships and connections

### **Girl Scout Daisies, Brownies, Juniors:**

- Make a new friend.
- Draw a picture and exchange your art with a friend.
- Help an adult you trust do something.

### **Girl Scout Cadettes, Seniors, Ambassadors:**

- Volunteer at school, the library, or a hospital.
- Participate in a community event.
- Set a goal of meeting 2 new people.



## Conscious Wellness

making choices that will help you have a meaningful life

### **Girl Scout Daisies, Brownies, Juniors:**

- Dance to your favorite song.
- Go for a walk with an adult.
- If you have a pet spend time playing with them or simply petting them.

### **Girl Scout Cadettes, Seniors, Ambassadors:**

- Create a feel good music playlist.
- Say a positive affirmation to yourself first thing in the morning when you get up.
- Keep a gratitude journal where you write something good that happened to you that day.