

Mental Wellness for Every Girl Scout Call to Action Planning

Call to Action #1: “Ask a Girl Scout” Circle Share

Description

Lead your own focus group-style Girl Scout panel!

How-to Guidance

Early and ongoing dialogue to understand a day in the life of the young people in our care, inclusive of both what they do and how they feel, can happen as soon as your next troop meeting. Start by asking:

- *What does feeling confident inside and out, both in your mind and body mean to you?*
- *What’s getting in the way of your well-being (what makes you feel invisible/less than/like you don’t matter)?*
- *What can and should adults do on your behalf to support your well-being?*



Call to Action #2: “5 Days and Ways of Mattering” Challenge

Description

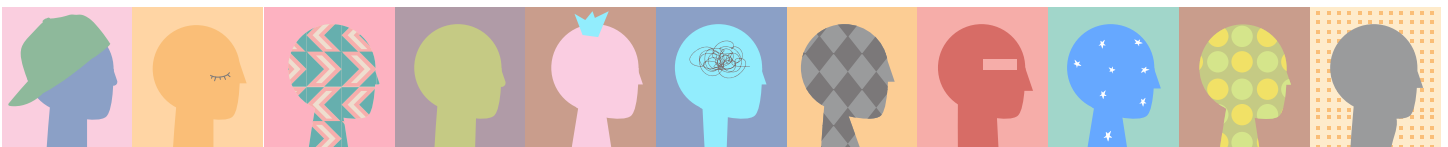
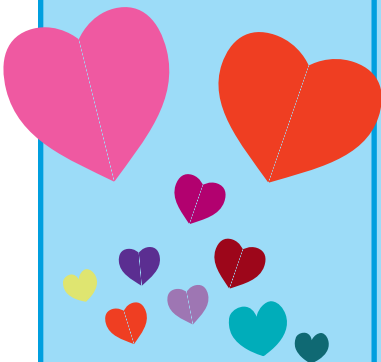
Integrate a mini Mattering challenge into your remaining troop meetings this year!

How-to Guidance

Mattering is the experience of feeling significant that comes from feeling valued and adding value. Commit to one action each troop meeting to show your Girl Scouts how they matter, as well as experience the power of mattering for yourself.

1. Notice one small positive action during a troop meeting and name it for the group
2. Give one specific affirmation to each Girl Scout that’s reflective of something they each need to hear
3. Ask one meaningful question to open the door to deeper conversation
4. Thank the troop for something they did to help one another matter
5. Design and make a special SWAP that reminds the troop how they matter to each other

Bonus: Repeat the Mattering self-assessment at the end of the challenge, and reflect on where you’ve leveled up your mattering skills!



Call to Action #3: “Powerful Pause” Moments

Description

Take time to recognize and make space for big feelings with every-day pause and reflection activities!

How-to Guidance



In a world that moves fast, we can all learn how to slow down with purpose. Through simple, everyday practices—like stepping outside, reading, journaling, breathing, and moving our bodies—we build the skills to care for our minds, bodies, and each other.

Any of these activities can be built into a troop meeting, and we hope you’ll join in as a participant to share the experience with your Girl Scouts!

Enjoy nature

Step outside and reconnect. Whether it’s feeling the sun, noticing your surroundings, or simply being still, time outdoors helps reset your body and mind.

Get lost in a book

Reading creates portals to new ideas and imaginative thinking. Is there a passage or a short book on mindfulness that you can bring in to inspire and spark conversation?

Put pen to paper

Free writing gives Girl Scouts protected time to listen to their own thoughts, reflect on big feelings, and build confidence in their own voice. Making a list of “weekly wins” or “dream goals” are excellent mood-boosting writing prompts that everyone can engage in.

Move and groove

Put on some music that the Girl Scouts enjoy for an impromptu dance and body appreciation break!

Call to Action #4: GSUSA Mental Wellness Patches (by level)

Description

Explore the program and FREE activities for girls in grades 4–12!

How-to Guidance



The Girl Scouts Mental Wellness patch program reminds troops that they’re never alone in facing challenges and further invites Girl Scouts to dive into and understand their emotions.

The Mental Wellness patch program was made possible by the HCA Healthcare Foundation and developed in collaboration with the National Alliance on Mental Illness (NAMI).

Learn more and access the facilitator guides by scanning the QR code:

- Knowing my Emotions Patch—Juniors (Grades 4-5)
- Finding my Voice Patch—Cadettes (Grades 6-8)
- Showing up for Me and You Patch—Seniors & Ambassadors (Grades 9-12)

