

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
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.