

Resilient, Ready, Strong Patch Program



In this patch, Girl Scouts of all levels will complete various activities aimed at supporting mental wellness.

A Note to Leaders: In this patch program, all activities listed here can be used by any level Girl Scout to achieve the patch. However, each level has a target of how many activities they must complete to earn the patch. The breakdown is provided below:

- Daisies & Brownies: 3 Activities
- Juniors & Cadettes: 5 Activities
- Seniors & Ambassadors: 7 Activities

This curriculum guide provides four meeting outlines that can be used to earn all levels the Resilient, Ready & Strong patch. The meetings were designed by the Troop 6000 Social Work Team to provide adapted activities for GSGNY's Girl Scouts and to provide further enrichment on the concept of mental wellness through the curated exploration of themes presented in the patch.

The themes for the four meetings are:

1. Journaling (3 activities: Give Gratitude, Understand Emotions, & Share Stories)
2. Body Movement (2 activities: Get Moving)
3. Safety & Somatics (2 activities: Experience Nature & Enjoy a Hobby)
4. Peer Support (2 activities: Share Stories & Connect to Community)

Troop leaders can select the themes and topics that they think their troop would most enjoy and benefit from. Just keep in mind the number of activities that need to be completed by each level Girl Scout.

Week 1: Journaling

10 minutes

Troop Business & Opening

Purpose: to get carry out structure and routine, to support Girl Scouts in building a healthy, positive mindset.

Materials: Affirmation phrases, Promise & Law Printouts, Feelings Faces Printout

Vocabulary: affirmation

Instructions:

- Conduct regular troop business at the start of the meeting. Hand out snack, recite the Girl Scout Promise & Law, take attendance, and conduct a feelings check-in.
- Ask: *What is an affirmation?*
 - An affirmation is a positive statement, assertion, or declaration that something is true, often used to build confidence, support mental health, or confirm belief.
- Explain: We use affirmations to put ourselves in a positive mindset. By saying affirming statements out loud, it helps them stick in our heads, validate that what we're saying is true, and can build our self confidence.
- Then practice saying affirmations together! Some examples are below, or you can bring in others or have Girl Scouts try to create their own.
 - "Taking care of my mind, body, and heart is important, and I am worth it."
 - "Listening to and expressing my feelings and needs is a way of taking good care of myself."
 - "I am strong, brave, and capable of handling challenges."
 - "I believe in myself and my ability to learn and grow every day."
 - "I am proud of who I am and the unique things I bring to the world."
 - "I can be a friend to myself, and I choose to speak kindly to myself."
- Ask: *Which one of the affirmations that you heard today is one that you want to carry with you and use more regularly? This can help put us build a positive mindset.*

12 minutes

Activity 1: Gratitude Journal

Purpose: to try gratitude style of journaling

Materials: Blank paper or journal notebook, writing/ drawing utensils, gratitude journaling example template & prompt

Vocabulary: gratitude

Instructions:

- Explain: *There are three types of journaling that we are going to try today. The first type of journaling is gratitude journaling.*
- Ask: *What is gratitude?*
- Explain: *Each day, you can write (or draw) three things you are thankful for, no matter how big or small. This could include friends, activities, something you thought about, or moments that made you happy.*
- Each Girl Scout will then try a Gratitude Journal entry. The explanation should take about 2 minutes, and the activity should take about 10 minutes.

Example Prompt: "Today, I'm thankful for..." or "Something that made me smile today was..."

Gratitude Example:

Step 1: See how to fill
in the blanks for a
gratitude
journal entry



ADJ

Today I am grateful for _____
and it makes me feel _____!

Ejemplo de Gratitud:

Paso 1: Mira cómo
completar los
espacios en blanco
para una entrada en
el diario de gratitud.



ADJ

Hoy estoy agradecida por _____
y eso me hace sentir _____!

12 minutes

Activity 2: Feelings Journal

Purpose: to try feelings style of journaling

Materials: Blank paper or journal notebook, writing/ drawing utensils, feelings journaling example template & prompt

Vocabulary: none

Instructions:

- Explain: *The next type of journaling we will try is feelings journaling.*
- Explain: *This is a place for you to write about your emotions and experiences. You can record what happened during the day and describe how it made you feel. Instead of words, you can also use emojis or draw faces that show your emotions.*
- Each Girl Scout will then try a Feelings Journal entry. The explanation should take about 2 minutes, and the activity should take about 10 minutes.

Example Prompt: "Today I felt... because..." or "If my day had a color, it would be... because..."

Feelings Example:

Step 1: See how to fill
in the blanks for a
feelings journal entry

Today when I was at school, I
bumped into _____ and
they said _____
and it made me feel _____.



Ejemplo de Sentimientos:

Paso 1: Mira cómo
completar los
espacios en blanco
para una entrada en
el diario de
sentimientos.

Hoy, cuando estaba en la escuela,
me encontré con _____ y
me dijeron _____
y eso me hizo sentir _____.



12 minutes

Activity 3: Creative Journaling

Purpose: to try creative style of journaling

Materials: Blank paper or journal notebook, writing/ drawing utensils, creative journaling example template & prompt

Vocabulary: none

Instructions:

- Explain: *The last type of journaling that we will try for today is creative journaling.*
- Explain: *This is for expressing creativity with stories, doodles, poems, or fun facts about your day. You can let your imagination run wild and use the journal to record dreams, jot down ideas, cut and paste pictures from newspapers/magazines, or make plans for fun activities you want to do.*
- Each Girl Scout will then try a Creative Journal entry. The explanation should take about 2 minutes, and the activity should take about 10 minutes.

Example Prompt: *If I could invent a holiday, it would be..." or "At some point, I want to learn about..."*

Creative Example:

Step 1: See how to fill in the blanks for a creative journal entry



Once upon a time, there was a _____ who loved to _____.
They decided to jump on a _____,
taking it all the way to _____,
which was super _____.

Ejemplo Creativo:

Paso 1: Mira cómo completar los espacios en blanco para una entrada en el diario creativo.



Érase una vez un/a _____ que
amaba _____.
Decidió subirse a un/a _____ y
viajar hasta _____,
lo cual fue súper _____.

8 minutes

Reflection

Purpose: to share and discuss their experience with their peers, build community and social support, and build a positive habit of journaling

Materials: none

Vocabulary: coping skill, processing, habit

Instructions:

- Explain: *Now we are going to be able to share with some of our sister scouts about our experience here today. You can share as much or as little detail as you would like about your journal entries.*
- Ask: *Turn to the Girl Scout on your LEFT and discuss which journal type you each like and why... Next, turn to the Girl Scout on your RIGHT and talk about ways to help you remember to journal when you're feeling BIG feelings.*
- Explain: *Journaling is a healthy way of self-expression. It can be used as a coping skill to process different emotions, ideas, or events. It's also important to recognize that journaling is a habit. We need to commit ourselves to practicing it regularly.*
- Explain: *Here is how you can build a practice of journaling:*
 - *Choose a specific time each day that works best for you, such as in the morning (before breakfast) or at night (before bedtime).*
 - *Begin with just 5–10 minutes a day. Keeping the commitment short makes it less overwhelming and easier to do*
 - *Write just a few sentences if you're short on time or not really feeling it → **consistency is more important than length***
 - *If you're unsure what to write, use prompts like we did today (and you have your take-home prompt sheet to help you remember)*
 - *Don't stress if you miss a day. Pick it up the next day without guilt or pressure*
 - *You're allowed to journal whenever inspiration strikes, even if it is outside your regular time*
 - *You're welcome to change the journal types whenever you want: remember, what worked for you one day might be different the next.*

Purpose: to carry out the Girl Scout Law, follow routine & create structure

Materials: none

Instructions:

- Have all Girl Scouts collect and return materials used during the journaling activity. They should make sure that their space is clean and clear, the way that they entered the space.
- Once all materials are returned, put away, or discarded, engage the Girl Scouts in Closing Circle

Week 2: Body Movement

15 minutes

Troop Business & Opening

Purpose: to get Girl Scouts to understand movement as a form of communication and to connect movement as a form of expression

Materials: Promise & Law Printouts, Feelings Faces Printout

Vocabulary: stamina, endorphins

Instructions:

- Conduct regular troop business at the start of the meeting. Hand out snack, recite the Girl Scout Promise & Law, take attendance, and conduct a feelings check-in.
- Explain: *For our opening today, we are going to check-in about the skill that we tried last week, journaling.*
- Ask: *Did you journal this week? What inspired you to journal? How did you feel after journaling?*
- Explain: *Today we are going to talk about another way to take care of yourself mentally—and that is through body movement. Moving the body is any activity that uses your energy to move the large muscles in your body. Some activities increase your stamina, while others improve your strength, flexibility, or balance, and can help prevent major diseases.*
- Ask: *What are some examples of body movement?*
- Explain: *There are both physical and emotional benefits to movement.*
- Ask: *What are some of the physical benefits?*
 - *Improves heart and brain health*
 - *Improves coordination and physical abilities*
 - *Increases sense of body awareness*
 - *Increases memory and mental flexibility*
- Ask: *What are some of the emotional benefits?*
 - *Helps regulate feelings, find balance and control, and manage stress*
 - *Improves low mood or feelings of depression and anxiety*
 - *Reduces feelings of pain and boosts feelings of wellbeing*
 - *Boosts self-esteem*
 - *Activities that are connected with a group increase social connections and a sense of belonging*
- Explain: *How does this connection between physical movement and our emotions happen? During exercise or when our heart rate increases, our bodies release endorphins, also known as the ‘feel-good’ hormone. They tell our brain that we’re feeling good and can even act as a pain reliever! A long walk or some yoga is often all it takes to produce that good feeling.*

Purpose: to begin to understand certain movements as forms of communication

Materials: Video linked here: [Guess the Gesture Activity for Students and Kids](#) or use it to inspire creating your own gesture game. Or use Gesture Activity Worksheet included below.

Vocabulary: non-verbal communication, gesture, posture

Instructions:

- Explain: *Body language is a form of non-verbal communication. With body language, people can communicate how they are feeling through facial expressions, gestures, posture, and eye contact.*
- Ask: *What are the people in this below image saying with their bodies? How are they saying it?*



- Explain: *We can say a lot of things with our bodies and we can also express ourselves in many ways through movement.*
- Ask: *What are some ways that we can express ourselves through movement or gestures?*
- Explain: *Through movement we can:*
 - *Embody our feelings*
 - *Creatively express intense and deep emotions*
 - *Movement can be an outlet for strong emotions, literally moving the energy created by our emotions out of our body*
- Girl Scouts will then be shown this video and will need to guess what's being communicated by the gesture used: [Guess the Gesture Activity for Students and Kids](#).
 - Modification: If you don't have access to play the video for the group, leaders can get ideas of gestures to model for the Girl Scouts to interpret these gestures together live as a group. You can also use the provided worksheet below to have Girl Scouts guess the gesture.

Guess the Gesture

What do you think is trying to be communicated in the actions/ movements shown below?



20 minutes

Activity 2: Let's Move!

Purpose: to bond as a group and enjoy movement

Materials: computer, phone, and/ or speaker for music

Vocabulary: none

Instructions:

- Clear a space in the room to have an open dance floor where Girl Scouts can form a circle, all facing in at one another (like you do for closing circle).
- Set up a music playlist of age and language appropriate songs that Girl Scouts in your troop like.
- Explain: *Let's create a dance! One person starts by doing a dance movement and the rest of the group copies it. The next person in the circle does the first movement and adds a new one, and we all copy. We repeat this until everyone has added their movement and together we created a dance!*
- Continue going around the circle and adding moves until all Girl Scouts have been able to add a move or until time is up. Practice it all together a few times and have fun!

5 minutes

Reflection

Purpose: to share and discuss their experience with their peers, build community and social support

Materials: none

Instructions:

- Have all Girl Scouts return to their seats or sit down on the floor in the circle they're already in.
- Ask: *How did that feel? What emotions does dancing bring you?*
- Ask: *What are some ways we enjoy moving our bodies?*

Purpose: to carry out the Girl Scout Law, follow routine & create structure

Materials: none

Instructions:

- Have all Girl Scouts collect and return materials used during the meeting. They should make sure that their space is clean and clear, the way that they entered the space.
- Once all materials are returned, put away, or discarded, engage the Girl Scouts in Closing Circle

Week 3: Safety & Somatics

15 minutes

Troop Business & Opening

Purpose: to get Girl Scouts to build their own mental safe spaces and practice grounding skills

Materials: Promise & Law Printouts, Feelings Faces Printout

Vocabulary: none

Instructions:

- Conduct regular troop business at the start of the meeting. Hand out snack, recite the Girl Scout Promise & Law, take attendance, and conduct a feelings check-in.
- Explain: *For our opening today, we are going to pick up from where we left off last week and do another version of a movement circle.*
- Have the Girl Scouts form a standing circle, all facing each other (like they do for closing circle).
- To start, one Girl Scout or leader will demonstrate a simple stretch or movement (reach up, twist, touch toes).
- Each member of the troop will then take a turn leading the group in their favorite stretch. Movements are not combined, they are done one at a time.
- End the movement circle with a group “shake out” to release energy and help everyone focus while transitioning into the next portion of the meeting.

Purpose: to begin to understand what emotional safety is and how to create it when needed

Materials: Blank piece of paper, writing & coloring utensils, or their journal from Week 1

Vocabulary: emotional safety, safe space

Instructions:

- Ask: *What is safety? Are there other types of safety beyond being physically safe?*
- Explain: *Safety can also be a feeling.*
 - *Some examples: feeling cozy, being with people who care, feeling calm inside, feeling like you belong and can be your genuine yourself.*
 - *Safety is like a warm blanket or a hug—it helps us feel our best.*
- Ask: *What does safety feel like in your body?*
 - *Not tense, calm, breathing slowly, slow heart rate.*
- Place materials in front of the Girl Scouts to move into the activity portion.
- Ask: *What is a safe space?*
- Explain: *A safe space is a physical space or even a representative place in your mind with our favorite things, where we feel calm, happy, and protected. Imagine it as your very own cozy, magical world. We can use this safe space when we need to find safety within our selves. This may be during a difficult task or when we are feeling uncomfortable in our current space.*
- Girl Scouts will now create their own safe space. On a coloring page or in their journal, Girl Scouts will depict what their safe spaces look like. Remember, this is unique to them and can be as real or imaginary as they like.
- Explain: *Your safe space can be someplace real or imaginary—like a room, a vacation spot, a magical cave, a butterfly cocoon, whatever you'd like to create! Add in different details, colors, decorations, and special touches that make your space cozy and magical.*
- Girl Scouts can be given the remainder of the time to work on their drawings.
- Explain after activity: *Remember, this is a place that you can visit at any time just by imagining it.*

15 minutes

Activity 2: Visualizations

Purpose: to teach Girl Scouts helpful grounding skills that they can use in their everyday lives.

Materials: deep breathing exercises and visualization scripts

Vocabulary: grounding skill, visualization

Instructions:

- Explain: *Now we're going to practice a couple of grounding skills. Grounding skills help us quiet our other thoughts and access our safe space mentally.*
- Introduce grounding skills selected. One should be a deep breathing exercise and one should be a visualization exercise. Leaders can use the exercises given below or you can find your own that may be of interest to your troop.

Deep Breathing Exercise Example: "We are going to try a technique called Rainbow Breathing. This can help you focus your other thoughts and slow your heartrate through controlling your breath.

Rainbow Breathing



How to Do It

1. Imagine breathing in each color of the rainbow.
2. Inhale a Color: Fill yourself up with its magic.
3. Exhale: Picture the color building a step on a rainbow bridge.

Magical Imagery

- With each breath, your rainbow bridge grows, leading you to your safe place.



Respiración del Arco Iris



Cómo hacerlo

1. Imagínate respirar cada color del arcoíris.
2. Inhala un Color: Lléname de su magia.
3. Exhala: Imagina el color construyendo un escalón en un puente de arcoíris.

Imágenes mágicas

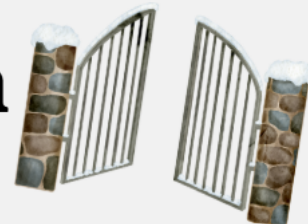
- Con cada respiración, tu puente arcoíris crece y te lleva a tu lugar seguro.



Guided Visualization Exercise Example: *"Now we are going to try a technique called guided visualization. This helps clear other thoughts and helps you focus and find access to your mental safe space."*



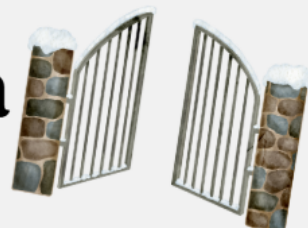
Guided Visualization



1. Close or soften your eyes and imagine crossing your rainbow bridge or stepping through your garden gate.
2. Imagine: You arrive in your magical safe space. Maybe it's a tree hollow, cocoon, or cozy tent.
3. Explore: Notice the colors, sounds, and calming magic around you.
4. Reminder: This is your special place—you can always get here by using your breathing spells!



Visualización Guiada



1. Cierra o suaviza los ojos e imagina que cruzas el puente del arco iris o que atraviesas la puerta de tu jardín.
2. Imagina que llegas a tu espacio mágico seguro. Tal vez sea el hueco de un árbol, un capullo o una carpa acogedora.
3. Explora: Observa los colores, los sonidos y la magia tranquilizadora que te rodean.
4. Recuerda: Éste es tu lugar especial: ¡siempre puedes llegar aquí utilizando tus hechizos de respiración!



5 minutes

Reflection

Purpose: to share and discuss with their peers, build community and social support

Materials: none

Instructions:

- Have all Girl Scouts seated where they did their breathing and visualizations.
- Ask: *Who are some people (real or imaginary) who make you feel safe and brave?*
- Ask: *What do you love about your safe space?*
- Ask: *When do you think you might visit your safe place again?*

Purpose: to carry out the Girl Scout Law, follow routine & create structure

Materials: none

Instructions:

- Have all Girl Scouts collect and return materials used during the safe space coloring activity. They should make sure that their space is clean and clear, the way that they entered the space.
- Once all materials are returned, put away, or discarded, engage the Girl Scouts in Closing Circle

Week 4: Peer Support

15 minutes

Troop Business & Opening

Purpose: to have Girl Scouts build connection and trust with and for one another.

Materials: Promise & Law Printouts, Feelings Faces Printout

Vocabulary: none

Instructions:

- Conduct regular troop business at the start of the meeting. Hand out snack, recite the Girl Scout Promise & Law, and take attendance.
- Explain: *For this feelings check-in, we are actually going to practice checking-in with one another. This will be our opening activity and will be a different way that we can do a feelings check-in with our friends.*
- Girl Scouts and Troop Leaders will sit or stand in a circle. One troop leader will start by asking the person to their right “how are you feeling today?” Once that person answers, they will then pass it along by asking the person to their right. The pattern will continue until everyone completes their check-in.

Purpose: to begin understand what peer support is and build connection amongst the troop members

Materials: none

Vocabulary: peer support

Instructions:

- Ask: *What is peer support?*
- Explain: *Peer support means **helping** and **being there for each other** when you're feeling sad, worried, or even happy! It's when friends, Girl Scouts, or people your age **listen to you, understand** what you're going through, and **help you feel better**. You can also help others by **being a good friend** and **showing kindness**.*
- Ask: *How can we show that we are a good friend or a supportive peer?*
- Explain: *These are some ways to be a positive and supportive peer.*
 - *Use **kind words** when someone is feeling down.*
 - ***Include friends** in activities if they're alone. Everyone likes to feel included and valued.*
 - ***Listen carefully** when someone is talking. Let them share their feelings **without interrupting or judging**.*
 - ***Let your friends know you believe in them**. A simple "I'm proud of you!" can make them feel stronger.*
 - ***Ask your friends how they're doing today**.*
 - ***If they need space**, give them some time alone. Sometimes, a little quiet time helps friends feel better.*
- Now Girl Scouts will put these ideas into practice by sharing with one another. Girl Scouts will turn to the person next to them to form groups of 2-3. They will take turns sharing about themselves and listening to one another.
- Explain: *Some questions you can ask your fellow Girl Scouts are:*
 - *What is something cool or fun that you did recently?*
 - *Who is someone that made you happy this week?*
 - *What was something that made you laugh today?*
 - *What is one your favorite part of the day and why?*

20 minutes

Activity 2: Web of Support

Purpose: to teach Girl Scouts helpful grounding skills that they can use in their everyday lives.

Materials: web of support handouts & writing/ coloring utensils

Vocabulary: support

Instructions:

- Explain: *Asking for help can sometimes feel hard, but it's okay! Everyone needs help sometimes, and there's nothing to be ashamed of. When you're feeling stuck or upset, turn to someone you trust, like a troop leader, teacher, family member, or friend. Let them know what's going on, and remember to be honest. The more they know, the better they can help you. It's always okay to ask for help!*
- Now Girl Scouts will work on building their own webs of support. Girl Scouts will write or draw who they go to when they are experiencing the different emotions listed.
- Explain: *We want to brainstorm who we can go to in our lives when we want support—whether we're experiencing positive or unwanted feelings, good times or bad, we need people around us! We are now going to do an activity where we will identify who is in our web of support.*
- In the empty boxes, the Girl Scouts can write fictional characters, friends, or family members they turn to—or think about—when they feel these emotions. This activity is meant to encourage them to think about the support systems in their lives and who helps them cope with their feelings. Encourage the girls to be creative and feel free to choose people or characters that make them feel understood, comforted, or empowered.

Web of Support Examples:

Examples

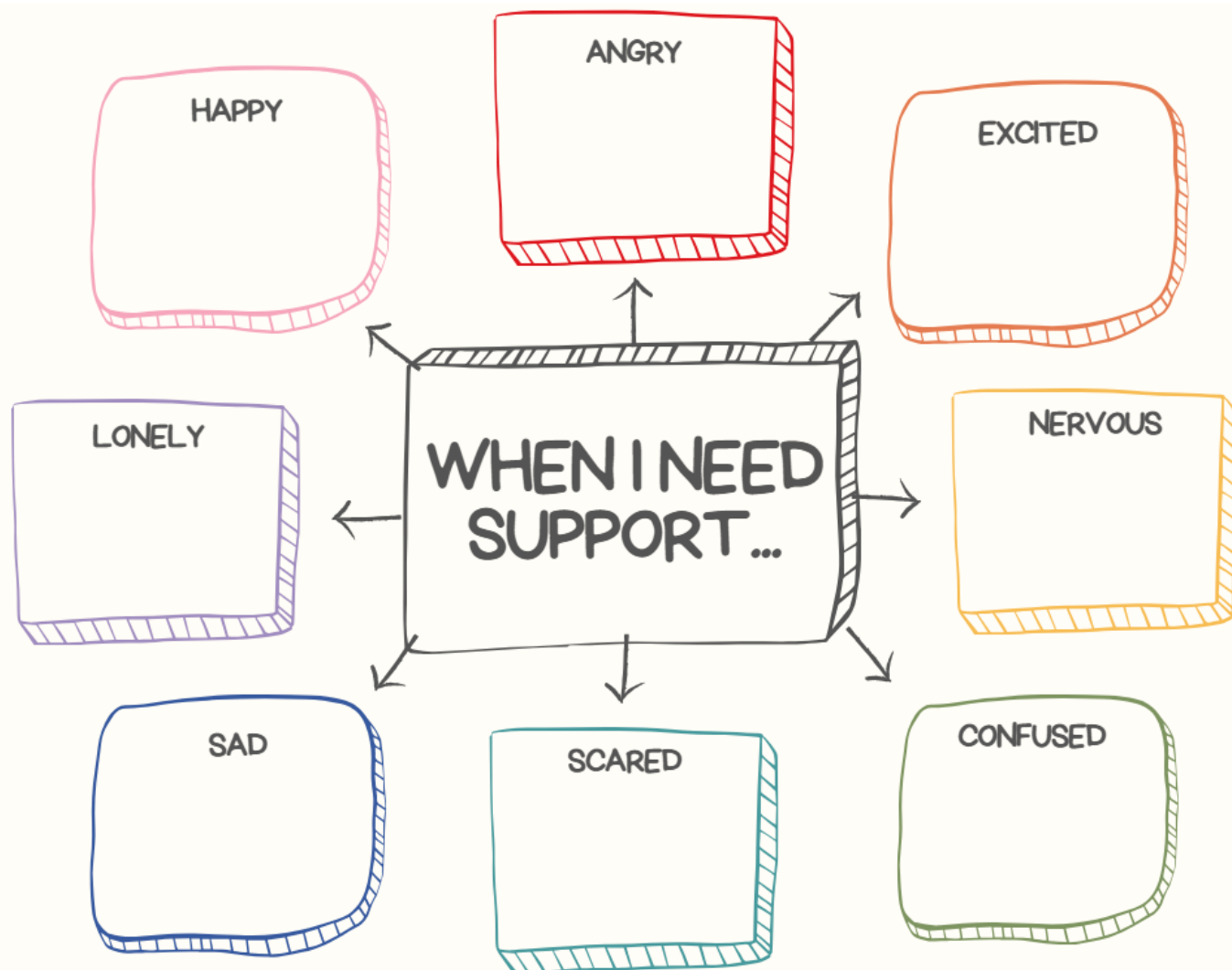
- Family
- Friends
- Cartoons
- Celebrities
- Superheroes



Ejemplos

- Familia
- Amigas
- Dibujos Animados
- Celebrities
- Superhéroes



Blank Webs of Support:



5 minutes

Reflection

Purpose: to review and reflect on their takeaways, to build community and social support

Materials: none

Instructions:

- Have all Girl Scouts seated or they can stand where they do closing circle.
- Ask: *How will you be supportive to other Girl Scouts?*
- Ask: *Why is friendship important?*
- Ask: *How did it feel to create the webs of support?*

Purpose: to carry out the Girl Scout Law, follow routine & create structure

Materials: none

Instructions:

- Have all Girl Scouts collect and return materials used during the web of support activity. They should make sure that their space is clean and clear, the way that they entered the space.
- Once all materials are returned, put away, or discarded, engage the Girl Scouts in Closing Circle

Glossary:

Affirmation: a positive statement or declaration that something is true, often used to boost confidence, provide encouragement, or express approval

Coping Skill: the strategies a person uses to manage, reduce, or tolerate stressful or difficult situations

Emotional Safety: being able to express your authentic self, thoughts, and feelings without fear of judgment, retaliation, or rejection

Endorphins: natural neurotransmitters and hormones produced by the central nervous system to relieve pain, reduce stress, and promote well-being

Gesture: a movement of part of the body, especially a hand or the head, to express an idea or meaning

Gratitude: being thankful and appreciating acts of kindness or positive aspects of life

Grounding Skill: techniques used to refocus attention on the present moment, anchoring individuals in reality

Habit: a settled, automatic behavior or routine that you do regularly, often without conscious thought

Nonverbal Communication: the process of conveying meaning, emotions, and attitudes without using spoken or written words

Peer Support: people who share common experiences or face similar challenges come together as equals to give and receive help based on the knowledge that comes through shared experience

Posture: the position in which someone holds their body when standing or sitting

Processing: the mental functions that enable us to perceive, reason, remember, and learn

Safe Space: an environment where individuals feel secure, respected, and free from judgment, criticism, or fear of retaliation

Stamina: the physical or mental energy and strength to maintain prolonged, high-effort activity, resisting fatigue or hardship over time

Support: the provision of care, empathy, love, trust, and encouragement, designed to help someone feel safe, heard, and validated

Visualization: the process of creating vivid mental images using our imagination

Girl Scout Promise

On my honor, I will try:
To serve God* and my country,
To help people at all times,
And to live by the Girl Scout Law.

*Members may substitute for the word God in accordance with their own spiritual beliefs.

La Promesa de Girl Scouts

Por mi honor yo trataré:
De servir a Dios y a mi patria,
Ayudar a las personas en todo momento,
Y vivir conforme a la Ley de Girl Scouts.

*Los miembros pueden sustituir la palabra Dios. de acuerdo con sus propias creencias espirituales.

Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong,
and responsible for what I say and do,
and to respect myself and others,
respect authority,
use resources wisely,
make the world a better place,
and be a sister to every Girl Scout.

La Ley de Girl Scouts

Yo me esforzaré por:
ser honrada y justa,
cordial y servicial,
considerada y compasiva,
valiente y fuerte,
y responsable de lo que digo y hago.
Y por respetarme a mí misma y a los demás,
respetar la autoridad,
usar los recursos de manera prudente,
hacer del mundo un lugar mejor,
y ser hermana de cada una de las Girl Scouts.