

Super You Patch Program



The Super You Patch Program is all about helping girls discover the superhero within by taking care of themselves. Whether it's learning how to nourish their bodies, speak up for themselves, manage stress, make eco-friendly choices, or build healthy friendships, girls will earn their Super You patch by building real-life superpowers that will serve them for life. Because being a superhero isn't about capes and flying—it's about taking care of yourself so you can take on the world.

Steps to earn your patch:

- [Order your patch](#) (available while supplies last)!
- Complete the required activities.
- Complete at least 2 additional activities of your choice from each section.

Required - Pick one.

- ☐ "People will forget what you said, people will forget what you did, but people will never forget how you made them feel." – Maya Angelou.
Design a kindness calendar. Start with a blank calendar and fill in each day with an act of kindness that you could do for others. As you perform your acts of kindness, mark it off your calendar. See if you are able to mark off all of your acts of kindness.
- ☐ Host a thankful party where you celebrate a person/people that you are thankful for. This could be done individually, as a troop/group, as a family, etc. With the help of an adult, decide how you want to celebrate the person/people in your life and put together your thankful party.

Physical Wellness

State of overall health and well-being of an individual's physical body.

- Go on a walk or a jog
- Ride your bike around the neighborhood
- Practice pilates or yoga
- Play a sport like tennis, swimming or bowling
- Try a new, healthy snack or meal
- Change out your pop/juice for water for an entire day
- Help prepare a weekly menu that is healthy
- Get at least eight hours of quality sleep to recharge
- Practice meditation or deep breathing exercises

Intellectual Wellness

State of having an engaged mind, constantly seeking and expanding knowledge and engaging in intellectually stimulating activities.

- Discover a new hobby
- Read a book
- Complete a puzzle
- Write a poem
- Visit a museum
- Watch a documentary
- Build a model (car, plane, etc)
- Try learning a new language
- Listen to music

Emotional Wellness

Ability to understand, manage, and express emotions in a healthy and balanced way.

- Engage in mindfulness practices such as meditation or deep breathing
- Play a game with your friends or family, like charades, acting out different emotions
- Set aside time for regular journaling about your thoughts, emotions and experiences
- Keep a gratitude journal for a week and list at least three things you are grateful for each day
- Take time to identify your core values and beliefs. How will you align these beliefs with your actions and choices?
- Set aside regular moments throughout the day to check in with yourself and make sure you are doing what you need to do to be well

Social Wellness

Quality and extent of an individual's relationships, interactions, and sense of connection with others.

- List ways to help friends who may be going through a hard time
- Make a poster to promote kindness and share with others
- Create a drawing or small gift for someone to brighten their day
- Volunteer in your community
- Practice active listening skills by giving your full attention to others
- Mentor a younger Girl Scout and help her achieve a goal of hers
- Learn about another culture. Experience their traditions, cuisine or language

Environmental Wellness

State of harmony between individuals and their surrounding environment.

- Practice recycling at home or school
- Turn off lights when leaving a room
- Use re-usable items such as metal straws, water bottles, grocery bags, etc
- Make a craft using natural materials
- Make bird feeders that are all natural and bio-degradable
- Participate in a community clean up
- Pick up trash around your neighborhood