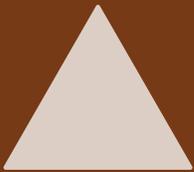


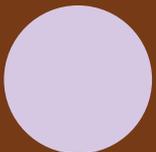


COUNCIL QUESTS

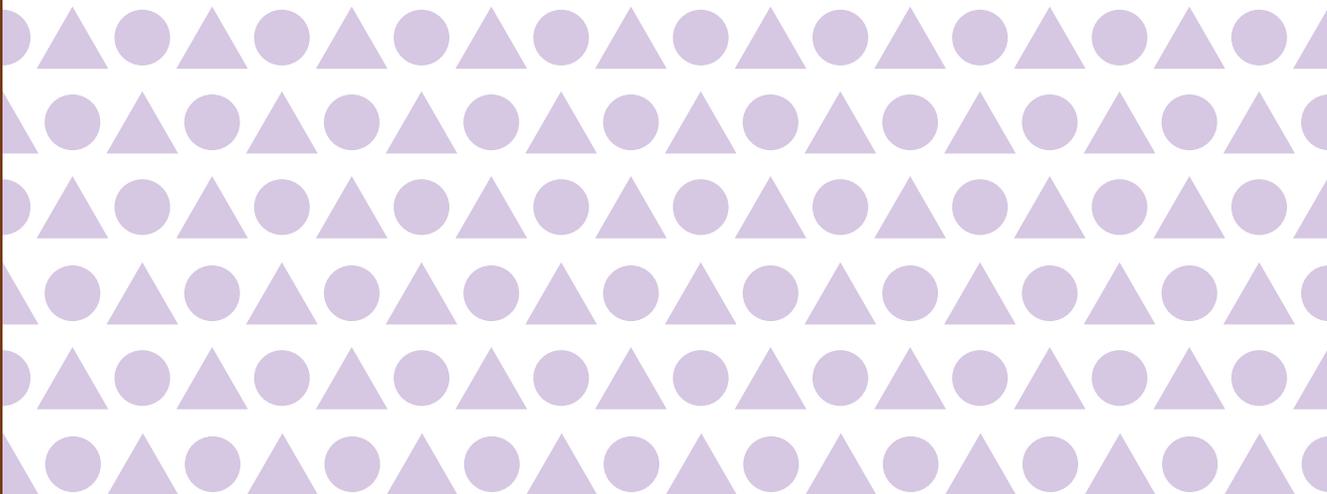
— All of Me —
Pieces of Me



Brownie



Junior



All of Me

Welcome to the All of Me Council Quest! We are so excited that you and your troop have decided to undergo this new adventure!

At Girl Scouts of Middle Tennessee, we strongly believe in the efficacy and importance of mental health and wellbeing education. We also acknowledge that the prospective of engaging with these ideas can be daunting when it comes to working with your Girl Scouts, especially if you don't feel like an expert on the topic yourself.

Remember that as you work through this material, it is normal for girls and adults to feel uncomfortable at different times. We don't expect you to have a perfect grasp of every topic right off the bat – approach this material as an opportunity for you and your Girl Scout troop to learn and grow together. Encourage questions and be prepared to look things up if you don't know the answer. Girl Scouts provides many young people a safe place to learn who they are and develop as a human being.

The All of Me Quest focuses on all aspects of a growing Girl Scout's wellbeing: promoting mental, social, and emotional health, as well as responsible decision making. Through a series of games, discussions, crafts, and roleplays, your Girls Scouts will learn more about themselves and each other.

For this Council Quest, many of the topics and activities function at a higher grade level than girls would typically be exposed to in school. For this reason, some of the ideas and ways of thinking might be completely new to them. Make sure to debrief after any emotionally charged activities and to foster an environment where girls feel safe to learn and grow together.

If you have any questions about the material included in this quest, please do not hesitate to reach out the GSMIDTN Programs Team and our Curriculum Specialist. Happy Questing!

Sincerely,

The Programs Team

Girl Scouts of Middle Tennessee

We are deeply grateful for the support from Ascend Federal Credit Union.



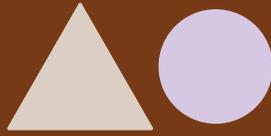


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Key Terms and Topics

In this quest, Brownies and Juniors learn about their whole self. Emotions, thoughts, and feelings are explored as important pieces of every girl's unique and individual identity, and they are equally important in managing how girls feel about themselves and how they identify with and act towards others.

Topics include:

- What are emotions and how can you recognize them?
- What tools can you use to calm down when stressed?
- What does it mean to be kind?
- How do individual strengths benefit a team?
- How can you understand other people's perspectives?
- How do good sleep and eating habits contribute to mental health?
- What is a responsible decision and how do you make one?

Session 1: Emotional Health

Materials Needed:

- Construction paper (rainbow colors)
- Markers or crayons
- Hole punch
- Scissors
- Yarn
- *Large notepad or white board (optional)*
- Journals

At Home: Each Girl Scout will keep a journal for the duration of the Quest. Pick out a journal or composition notebook that you like or make your own with string and notebook paper. (You could also dedicate a portion of the first meeting to decorating journals!) Keep up with your journal and bring it to each meeting.

Before the Meeting

Activity Plan Length: 1 hour 30 min

Snack Preparation:

- **Funny Face Snack Pizzas:** Offer a variety of spreads and toppings for girls to make a “pizza” that conveys an emotion. Make sure to tailor ingredients to your group’s allergy preferences.
 - **Base:** Pita bread or rice cakes
 - **Spread:** Cream cheese, yogurt, nut butter, Nutella, or another spread
 - **Toppings:** Use these to make facial features. Try fruits like apples, bananas, or raisins for something sweet or veggies like olives, peppers, or carrots. Create a pizza that conveys an emotion of your choice! Is it silly, shy, mischievous?

Getting Started

Steps:

1. Welcome girls to the meeting.
2. Recite the Girl Scout Promise and Law.
 - **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.
 - **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 to be a sister to every Girl Scout.

Warm Up: Looking in a Mirror

Time Allotment: 15 min

Steps:

1. Pair up into groups of two. (If you have an odd number of Girl Scouts, pull in an adult to fill in.)
2. Face your partner. Imagine you are looking in a mirror and your partner is your reflection. Choose one of you to be the actor and the other to be the mirror. Have the actor begin performing a series of actions (for example, getting ready in the morning – brushing your teeth, washing your face, brushing your hair, etc.) while the mirror copies. Go as slow or as fast as you are comfortable with.
3. After 5 minutes, switch roles and complete some more actions.
4. How did it go? Did you focus more on actions or facial expressions? Did you get better at mirroring as you went?

Activity #1: Flip-Through Faces

Time Allotment: 20 min

Materials Needed:

- Construction paper (rainbow colors)
- Markers or crayons
- Hole punch
- Scissors
- Yarn
- *Large notepad or whiteboard (optional)*

Prep Needed:

- Depending on your troop, you may want to pre-cut circles from the construction paper or prep circle templates.



What do your emotions look like?
In this activity, you will create a fun way to demonstrate different emotions.

Steps:

1. What are emotions? Discuss with your troop. Brainstorm the names of some emotions (e.g. happy, sad, angry, frustrated, excited, sleepy, etc.). You may want to write some ideas down.
2. Cut out a circle of the same size from each color of construction paper. Pick one emotion for each color. Write the name of the emotion on one side of the circle and draw what your face looks like when you are feeling that emotion on the other.
3. Have an adult hole punch the top of your circles. Cut out a piece of yarn and tie it through the hole. You now have a book to demonstrate all your emotions!

Activity #2: Emotion Charades

Time Allotment: 10 min

Materials Needed:

- Flip-Through Faces

Steps:

1. Choose one Girl Scout to start. Choose an emotion from Flip-Through Faces (or any other emotion you can think of) and act it out as a charade. Remember: you can't make noises or talk during charades!
2. Have the girl who guesses correctly act out the next emotion. Make sure everyone gets a turn!



It's time to put your new knowledge of emotions to the test!

Snacktivity: Emotion Talk

Time Allotment: 15 min

Materials Needed:

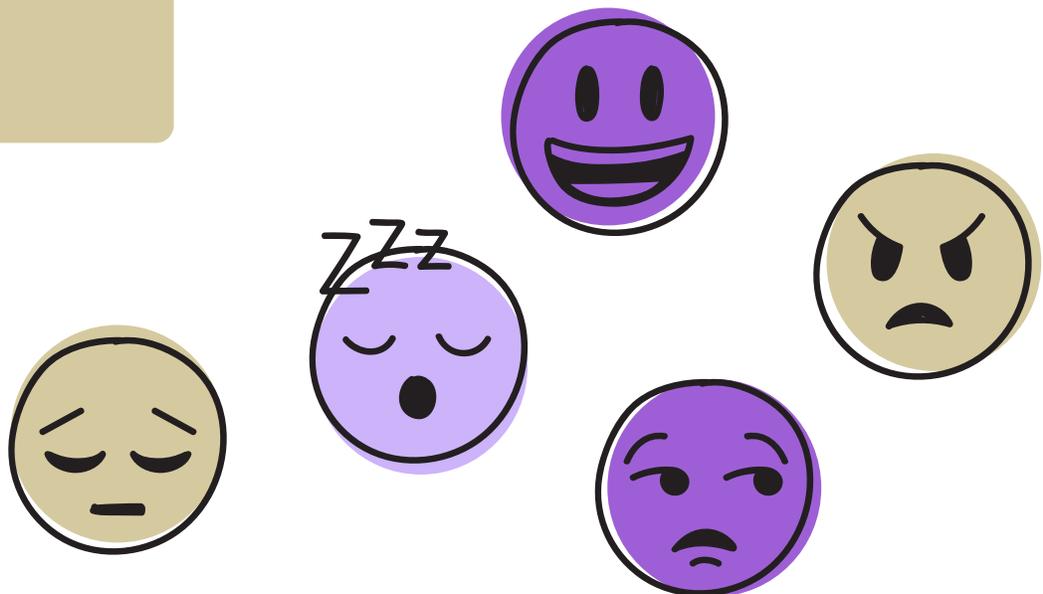
- Snack ingredients

Prep Needed:

- Snack prep

Steps:

1. As you enjoy your snack, discuss what you've learned about emotions today.



Activity #3: Calm Down Tools

Time Allotment: 20 min

Materials Needed:

- Construction paper
- Markers or crayons
- *Large notepad or white board (optional)*



What do you do when emotions run high? In this activity, you'll come up with some tools to help you calm down.

Steps:

1. As a troop, brainstorm some things you like to do to help you calm down when you are upset. Write them down for everyone to see if you like.
 - Some examples include: take deep breaths, color, jump up and down, squeeze a pillow, play with a friend, etc.
2. In groups of 3 or 4, make a poster with different techniques for calming down. Hang them in your meeting space for adults to see.

Closing: Starting Your Journal

Time Allotment: 5 min

Materials Needed:

- Journals
- Markers or crayons

Steps:

1. On the first available page of your journal, write down the date and one big thing that happened today. Draw a face to represent how you are feeling right now. Complete one entry in this way every day until your next meeting.
2. Move into a circle. Complete a friendship circle to end your meeting!



Make sure you write in your journal every day! You will discuss what you learn about yourself at your next meeting.

Session 2: Social Health

Materials Needed:

- Construction paper
- Scissors
- Markers or crayons
- Staplers
- Roleplay prompts
- Journals

Prep Needed:

- Pre-cut construction paper strips
- Print Roleplay prompts

At Home: Keep up with your journal between meetings. If there is a long period between meetings, write every other day instead of every day.

Before the Meeting

Activity Plan Length: 1 hour 30 min

Snack Preparation:

- **Friendship Salad:** Each Girl Scout brings a different type of fruit which can be mixed with honey and a dash of lemon juice. Add marshmallows or chopped nuts for fun.

Getting Started

Steps:

1. Welcome girls to the meeting.

2. Recite the Girl Scout Promise and Law.

- **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.
- **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 to be a sister to every Girl Scout.

Warm Up Game: Emotion Charades with a Twist

Time Allotment: 15 min

★ Remember Emotion Charades from the last meeting? Enjoy this twist on the game.

Steps:

1. Think of an emotion you want to convey. Then, think of an action you might be doing while feeling that emotion. (For example, you may be happy while riding your bike, or irritated while cleaning up a mess.)
2. Choose one Girl Scout to start. Remember: you can't make noises or talk during charades!
3. Have the girl who guesses correctly act out the next emotion. Make sure everyone gets a turn!

Activity #1: Kindness Chain

Time Allotment: 20 min

Materials Needed:

- Construction paper
- Scissors
- Markers or crayons
- Staplers

Prep Needed:

- Pre-cut construction paper into strips for kindness chain

★ Small acts of kindness can create a big impact. See how when you create your kindness chain!

Steps:

1. What does it mean to be kind? Brainstorm some ideas with your troop.
2. Think of as many kind things that you have done or have been done for you in the past month. Write each one on a different strip of paper.
3. With the help of your adults, staple each of the paper strips together to create a paper chain. Each link is made of one small act of kindness, but when added together, they create a bigger chain.

Activity #2: Stronger Together

Time Allotment: 10 min

Materials Needed:

- Markers or crayons

★ Part of learning to work together is recognizing each person's individual strengths. What do others see as your strengths?

Steps:

1. Choose your favorite marker or crayon. Open your journal to a fresh page and write your name at the top. Leave your journal open and stand up to walk around the room. Bring your marker or crayon with you.
2. Visit each of your fellow Girl Scout's journals and write down something that you see as their strength. Once everyone is finished, return to your spot, and read your page.
3. What did you learn from this activity? Do you see the same strengths in yourself as others do?

Snackivity: Going Social

Time Allotment: 15 min

Materials Needed:

- Snack ingredients

Prep Needed:

- Snack prep

Steps:

1. As you enjoy your snack, discuss what it means to be social and to be a good friend and citizen.

Activity #3: Through Different Eyes

Time Allotment: 20 min

Materials Needed:

- Roleplay prompts



When you have a conflict, do you usually think about the other person's perspective? In this activity, you will have the chance to do just that.

Steps:

1. Break into small groups and choose a roleplay prompt. Have a five-minute conversation in your character.
2. Present your roleplay to the group. How can the two perspectives understand each other and compromise?

Closing: Showing Gratitude

Time Allotment: 5 min

Materials Needed:

- Journals
- Markers or crayons

Steps:

1. Start your journal entry for today. Include the date, your emotion face, and one big thing that happened. Add in three things you are grateful for. Until the next meeting, continue to track three gratitudes every day, in addition to the rest of your journal entries.
2. Move into a circle. Complete a friendship circle to end your meeting!



Make sure you write in your journal every day! You will discuss what you learn about yourself at your next meeting.

Session 3: Mental Health

Materials Needed:

- Bracelet string
- Letter beads
- Pony beads
- Journals
- *Keychain rings (optional)*
- *My Plate nutritional breakdown (optional)*
- Empty plastic bottles (one per girl)
- Popsicle sticks
- Markers or crayons
- Craft paper
- Scissors
- Glue
- *Sequins, stickers (optional)*

Prep Needed:

- Collect clean plastic bottles or containers (think individual water bottles)

At Home: Keep up with your journal between meetings. If there is a long period between meetings, write every other day instead of every day.

Before the Meeting

Activity Plan Length: 1 hour 30 min

Snack Preparation:

- **MyPlate Crudité Tray:** Purchase or put together your own crudité tray with ingredients from every food group on the MyPlate diagram. Don't forget to include fruits, vegetables, grains (crackers), and protein (cheese, nuts, or Greek yogurt), as well as dairy (or dairy substitute) to drink.

Getting Started

Steps:

1. Welcome girls to the meeting.

2. Recite the Girl Scout Promise and Law.

- **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.
- **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 to be a sister to every Girl Scout.

Warm Up: Go for a Stroll

Time Allotment: 10 min

★ How does your mood affect how you move? In this activity, you will get to try many different ways of walking.

Steps:

1. Clear your meeting room so there is plenty of space to move around. Begin by moving around as you usually do. You can walk in a straight line, a circle, or any pattern you choose.
2. Take turns choosing a new mood to move around in. It could be something like happy, angry, sleepy, or any emotion you can imagine. For an added challenge, add in animal movements as well. (For example, how would a sad dog move? An excited snail? A confused chimp?)

Activity #1: Mind Your Motto

🔍 **A motto is a word or phrase you can repeat to calm yourself down or give yourself strength in times of stress.** In this activity, you will be creating a special token to help keep your motto in mind.

Time Allotment: 20 min

Materials Needed:

- Bracelet string
- Letter beads
- Pony beads
- Journal
- Markers or crayons
- *Keychain rings (optional)*

Steps:

1. Begin by coming up with your motto. It could be a favorite quote or phrase, or your favorite part of the Girl Scout Law.
2. Now you can create your own motto token. Lay out the beads you have chosen in order. They could spell out your motto or an acronym (for example, WWJGLD? would stand for “What Would Juliette Gordon Low Do?”).
3. Slide the bottom bead to the middle of your string. Cross the two ends above the bead and tighten. Put both ends through opposite sides of the next bead and cross again. Continue until all your beads are threaded.
4. At the top, either knot the strings or add a keychain ring to your motto token.
5. Attach it to something that you keep with you, like your backpack, to keep your motto in mind.

Activity #2: Body and Mind

Time Allotment: 15 min

Materials Needed:

- Journal
- Markers or crayons
- *My Plate nutritional breakdown (optional)*

 To have a healthy mind, your body needs all the help it can get. A good night's sleep and the nutrients in your food give you energy to do the things you love!

Steps:

1. Did you know that kids between the ages of 5-12 need 9-12 hours of sleep a night? What time do you normally go to bed and wake up? Do the math – are you getting enough sleep?
2. Here are a few things that may keep you up when you do go to sleep:
 - Looking at screens in the hour before bedtime. The blue light tricks your brain into thinking it's still time to be awake.
 - Caffeine or sugary drinks, especially after lunch time.
 - Not having at least one full hour of physical activity, especially outdoor physical activity. Spending time in the sun in the morning will make it easier to sleep at night.
3. How can you change your routine to get better sleep? Share your ideas with your troop!
4. You've probably learned about the kinds of foods and what you need for a growing body in school. If you need a refresher, your leader may provide a MyPlate diagram. Create a menu of foods you would like to eat in a day to satisfy your MyPlate requirements. Don't forget to include breakfast, lunch, dinner, and a snack. Share with your troop!

Snacktivity: Take a Break

Time Allotment: 15 min

Materials Needed:

- Snack ingredients

Prep Needed:

- Snack prep

Steps:

1. While you enjoy your snack, discuss your favorite ways to take a break with your troop.

Activity #3: Breathe Easy Bottle

Time Allotment: 20 min

Materials Needed:

- Empty plastic bottles (one per girl)
- Journals
- Popsicle sticks
- Markers
- Craft paper
- Scissors
- Glue
- *Sequins, stickers (optional)*

Prep Needed:

- Have families collect bottles to be used in the weeks prior to the meeting



When it's time for a break, what do you like to do?

Steps:

1. Start by making a list in your journal of at least 10 things you can do for a 10 minute break. Ideas may include read a book, take a nap, eat a piece of fruit, draw, play an instrument, play with your pet, meditate, write, whatever you like to do! If you need help coming up with ideas, brainstorm with your troop.
2. Decorate the outside of your breathe easy bottle with a label made of craft paper. Add sequins or stickers if you like. Be creative!
3. Write each of your break ideas on a popsicle stick and put them in a bottle. When you need to take a break from schoolwork or chores, pick an activity from your breathe easy bottle to help you relax.

Closing: Showing Gratitude

Time Allotment: 5 min

Materials Needed:

- Journals
- Markers or crayons

Steps:

1. Start your journal entry for today. Include the date, your emotion face, and one big thing that happened. Add in three things you are grateful for. Add a few words about what your sleep was like. Do you remember any dreams? Until the next meeting, continue to track your sleeping habits, in addition to the rest of your journal entries.
2. Move into a circle. Complete a friendship circle to end your meeting!



Make sure you write in your journal every day! You will discuss what you learn about yourself at your next meeting.

Session 4: Responsible Decision-Making

Materials Needed:

- Journals
- Markers or crayons
- Roleplay printouts

Prep Needed:

- Print roleplay prompts

At Home: Keep up with your journal between meetings. If there is a long period between meetings, write every other day instead of every day.

Before the Meeting

Activity Plan Length: 1 hour 30 min

Snack Show-and-Tell:

- **Celebration!** Have each Girl Scout bring a traditional celebration food from their family or culture. Share together in a celebratory feast!

Getting Started

Steps:

1. Welcome girls to the meeting.
2. Recite the Girl Scout Promise and Law.
 - **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.
 - **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 to be a sister to every Girl Scout.

Warm Up: Just Ask

Time Allotment: 10 min

Materials Needed:

- Journals
- Markers or crayons

★ Now that you've learned about emotional, social, and mental health, it's time to put it all together!

Steps:

1. In your journal, write briefly about a time when you dealt with something difficult. If you can't think of something, try looking back in your journal entries from the past few weeks.
2. Spend a few minutes writing a letter of advice to your past self using the tools and skills you have now.

Activity #1: Journal Rewind

Time Allotment: 15 min

Materials Needed:

- Journals

★ What have you learned about yourself through journaling? It's time to talk about it.

Steps:

1. With your troop, share your experience journaling after the first three sessions of this Quest. Discuss the following questions:
 - Was it easy or difficult to keep up with your journaling? Did that change over time?
 - Did you learn something new about how you think?
 - Is your mood generally the same every day or does it change from day to day?
 - Have you changed how you approach difficult situations?
 - Would you recommend journaling to your friends?

Activity #2: The Responsible Decision-Making Model

Time Allotment: 20 min

Materials Needed:

- Roleplay printouts

Prep Needed:

- Print Roleplay prompts



How do you go about putting all your new knowledge into practice? Use the Responsible Decision-Making Model.

Steps:

1. What is the Responsible Decision Making Model? It goes like this:

- Identify the problem
- Analyze the situation
- Brainstorm solutions
- Solve the problem
- Evaluate and reflect

2. Try applying this model to some real-life situations. Have an adult select one of the roleplay scenarios and work through each of the decision-making model steps with your troop.

3. Break into smaller groups and give each one of the remaining prompts. Come up with a solution together and share with your troop.

Snacktivity: Celebration

Time Allotment: 15 min

Materials Needed:

- Snack ingredients

Prep Needed:

- Snack prep

Steps:

1. While you enjoy your snack, celebrate all you have accomplished during your Council Quest journey!

Activity #3: Take Action!

★ Now that you've completed Pieces of Me and learned about Social, Emotional, and Mental Health, as well as Responsible Decision-Making, it's time to come up with a way to share what you've learned!

Time Allotment: 20 min

Materials Needed:

- Journals
- Markers or crayons

1. In your journal, write down your three favorite new concepts you have learned. How could these new skills or strategies help another kid your age?
2. How could you share these new skills? Could you create a poster or social media post, speak to your class, or create a learning station to share with others? The sky's the limit!
3. Create a Call to Action presentation to share with your troop. You could make a poster, a PowerPoint, or just talk. Share your idea and the steps it will take to get there. You can use your ideas as inspiration later for your Ready, Set, Go! Project.

Closing: Say Goodbye

Time Allotment: 5 min

Steps:

1. Gather into a Friendship Circle.
2. While you are in the Friendship Circle, take turns sharing something you are grateful for as you pass the squeeze.

Congratulations! You have completed your Pieces of Me Council Quest!



We are deeply grateful for the support from Ascend Federal Credit Union.

