



# COUNCIL QUESTS

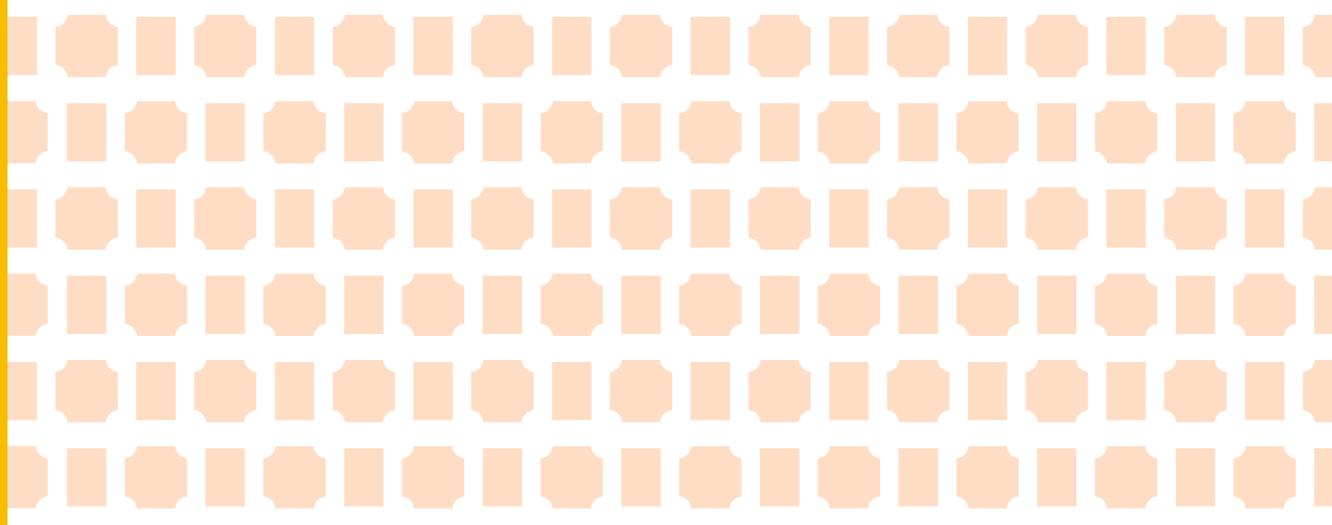
— All of Me —  
*Power of Me*



Senior



Ambassador



# 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.*





## Table of Contents

5	<b>Session 1:</b> Emotional Health
9	<b>Session 2:</b> Social Health
13	<b>Session 3:</b> Mental Health
19	<b>Session 4:</b> Responsible Decision-Making

# Key Terms and Topics

In this Quest, Seniors and Ambassadors will learn to utilize the strength of their thoughts, feelings, and emotions in real world situations. Utilizing their social, emotional, and mental core as a guide, girls will become empowered to advocate for themselves, others, and their communities as they become leaders.

- **Safe spaces** – places where people can feel confident that they will not face discrimination, judgment, or emotional harm
- **Self-efficacy** – a person’s belief in their ability to achieve their goals
- **Agency** – the ability to make choices pertaining to your life
- **Vision board** – a tool for visualizing the goals you set for yourself
- How can you feel comfortable standing up for someone else?
- What methods can you employ to de-stress?
- **Resilience** – the ability to withstand adversity and “bounce back” from hard times
- How do you combat negative body images?

# Session 1: Emotional Health

## Materials Needed:

- Poster board
- Markers or crayons
- Masking Tape
- Journals
- Pens or pencils
- Magazines, glue, scissors, & markers or an electronic device

**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:

- Don't forget that food is the fuel your brain needs to function! Make sure to schedule one or more Girl Scouts to bring a snack to each of your Council Quest sessions!

## 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: Safe Spaces

 A **safe space** is a place where people can feel confident that they will not be subject to discrimination, judgment, or emotional harm. How can you make a Girl Scout meeting a safe space?

Time Allotment: 10 min

Materials Needed:

- Posterboard
- Markers

Steps:

1. With your troop, brainstorm a contract for making your troop a safe space and judgment-free zone, where everyone can feel comfortable expressing themselves and their anxieties. Are there other safe spaces in your life? What qualities of those places can you bring to your meeting spaces?
2. Have everyone sign the contract and hang it up for every troop meeting. Refer to it when you have sensitive discussions.

## Activity #1: Measure Your Values

Time Allotment: 20 min

Materials Needed:

- Masking Tape
- Journals
- Pens or pencils

Prep Needed:

- Mark three parallel lines on the floor with tape, spread out across your meeting space.

 **Values** are the things that you believe are important to the way you live, and that guide your decision-making.

Steps:

1. Start with every Girl Scout standing on the center line of your three parallel lines. Designate one line as “strongly agree” and one as “strongly disagree.” Imagine you are on a scale, with the center line representing neutral.
2. Have an adult read out the statements on the Values Handout one at a time. For each statement, move to the corresponding place on the scale based on how much you agree or disagree with each statement.
3. What values were the most important to you? Does this differ from your fellow Girl Scouts? In your journal, draw a representation of 3-4 of your strongest values (i.e. commitment, passion, dependability, loyalty, honesty, reliability, optimism, efficiency, etc.). Decorate the page.

## Activity #2: Goal Setting

Time Allotment: 15 min

Materials Needed:

- Journals
- Markers or crayons

 **Self-efficacy** refers to a person's belief in their ability to achieve their goals. In this activity, you'll practice self-efficacy by setting a realistic goal for yourself.

Steps:

1. Begin by drawing two goal thermometers side-by-side in your journal. You will use these to track your progress. Label one as "Long-Term" and one as "Weekly."
2. Think of a goal you'd like to accomplish over the next few months. Choose something that you do because you enjoy it (i.e. finishing a cool video game, climbing a challenging rock wall, reading an interesting book). Write the steps to achieving that goal as markers on the thermometer. It will look challenging right now. Don't worry!
3. Now, choose one part of that goal to accomplish in the next week. If you want to read a new book, can you finish the first two chapters this week? How many pages would you need to read each day? Set these daily goals as the markers on your weekly thermometer.
4. As you journal this week, track your goal progress. See just what you can achieve!

## Snacktivity: What's Your Power?

Time Allotment: 15 min

Materials Needed:

- Snack ingredients

Prep Needed:

- Snack prep

 **Agency** is the ability to make choices pertaining to your life. How much agency do you wield?

Steps:

1. While you enjoy your snack, discuss what your schedule would look like if you could live your life exactly how you wanted?

## Activity #3: Vision of the Future

Time Allotment: 25 min

Materials Needed:

- Magazines, glue, scissors, & markers or an electronic device

Prep Needed:

- If necessary, collect magazines or print images for vision board.



A **vision board** is a tool for visualizing the goals you set for yourself. In this activity, you will create a vision board, either digitally (Pinterest or PowerPoint) or with a poster board and physical images.

Steps:

1. Imagine your life at 40: what do you want it to look like? What do you want to have achieved?
2. In your chosen medium collect images that inspire you to achieve whatever your goals will be. Make sure to collect images to represent each of the following:
  - What will you be doing?
  - Who will be in your life?
  - What will be most important to you?
  - What will you be doing professionally?
  - What will you be most passionate about?
  - What matters most in the long-term?
3. As your meeting ends, invite your fellow troop members and adults to see your vision of the future.

## Closing: Starting Your Journal

Time Allotment: 5 min

Materials Needed:

- Journals
- Pens or pencils

Steps:

1. On the first available page of your journal, write down the date and draw a face to represent how you are feeling today. For the next week, add your emotional state and your goal progress each day.
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:

- Journals
- Pens or pencils
- Step Circle printouts
- Colored paper
- Markers
- Mini glass bottles, envelopes, wooden boxes, or other receptacles

### Prep Needed:

- Cut colored paper into small strips (approx. 3 in x ½ in)

**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:

- Don't forget that food is the fuel your brain needs to function! Make sure to schedule one or more Girl Scouts to bring a snack to each of your Council Quest sessions!

## 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: Top 10 Lists



What are the top 10 things you enjoy? This warm up is an exercise in positivity!

Time Allotment: 10 min

Materials Needed:

- Journals
- Pens or pencils

Steps:

1. Divide a page of your journal into four sections. Title them as follows: Things I Like About Me, Things I Am Good At, Things Other People Like About Me, Things that Make Me Happy.
2. Fill out your top 10 lists. Brainstorm with your fellow troop members if you run out of ideas.
3. Was this activity challenging? Was it easier or harder than you expected? Do your friends have different ideas about you than you have of yourself?

## Activity #1: Step Up

Time Allotment: 15 min

Materials Needed:

- Step Circle Printout



In this activity, you will get to learn more about your fellow Girl Scouts' perceptions and perspectives.

Steps:

1. Spread out and arrange yourselves in a circle.
2. Have an adult read the statements on the Step Circle printout one by one. If you agree or identify with a statement, move one step into the circle, pause for a few seconds to observe everyone else's responses, and move back to your original place. Repeat for each of the statements.

Note: This activity should be completed silently. You never have to step into the circle if you do not want to.

3. Once you have reacted to all of the statements, discuss the following:
  - How did this activity make you feel? What did it make you think?
  - What, if anything, surprised you during this activity?
  - What did this activity make you realize about yourself? What about your fellow troop members?

## Activity #2: Messages in a Bottle

Time Allotment: 20 min

- Colored paper
- Markers
- Mini glass bottles, envelopes, wooden boxes, or other receptacles of your choosing

Prep Needed:

- Cut colored paper into small strips (approx. 3 in x ½ in)



How do you boost yourself up if your support system isn't around?

Steps:

1. Distribute as many strips of paper as there are Girl Scouts in your troop to each person. Take time to write a thoughtful, personalized message of encouragement to each Girl Scout.
2. Leaving your receptacle at your spot, stand up and distribute your messages to each Girl Scout's bottle. When you are finished, decorate yours if you like, and replace the cork.
3. Take your bottle with you and open it when you need some additional encouragement from your support system!
  - Miniature glass bottles with corks can be purchased for low cost at craft stores. If you are using an envelope, make sure to seal it when you are done.

## Snacktivity: Light as a Feather

Time Allotment: 15 min

Materials Needed:

- Snack ingredients

Prep Needed:

- Snack prep

Steps:

1. While you enjoy your snack, discuss what your support system does to help you feel uplifted.

## Activity #3: Stand Up

Time Allotment: 25 min

Materials Needed:

- Journals
- Pens or pencils

Steps:

1. Break into small groups and choose one of the following prompts:
  - A student overhears another student making a joke about someone's ethnicity.
  - A student sees that a classmate is just not acting like themselves.
  - A student reveals to another student that they are a target on social media.
  - A student notices that some classmates are not understanding what the teacher is saying.
2. Spend 10 minutes creating a skit to act out in front of the rest of your troop.
3. After each group acts out their skit, discuss how a bystander in that situation could stand up for others. What would you do?

## Closing: Think Positive

Time Allotment: 5 min

Materials Needed:

- Journals
- Pens or pencils

Steps:

1. Start your journal entry for today. Include the date, your emotional state, and goal progress. Write briefly about a positive interaction you had today. Until the next meeting, continue to write about a positive interaction 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:

- Markers or crayons (specifically black markers)
- Paper
- Media images from magazines, the internet, TV, or movies
- Journals
- Pens or pencils

**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:

- Don't forget that food is the fuel your brain needs to function! Make sure to schedule one or more Girl Scouts to bring a snack to each of your Council Quest sessions!

## 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: Between the Lines

Time Allotment: 10 min

Materials Needed:

- Paper
- Black Markers

★ Coloring sheets are a popular de-stress exercise for all ages. In this activity, you'll create your own.

Steps:

1. Begin drawing a design with black marker that can be colored in. It could be an object, like an animal, or you could connect abstract shapes and lines. Make sure to focus on creating white spaces for coloring and segmenting your designs into smaller areas.



# Activity #1: Stress Less

Time Allotment: 20 min

Materials Needed:

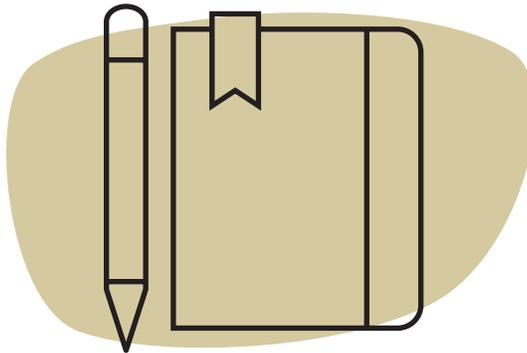
- Coloring sheets (prior activity)
- Markers or crayons
- Journals
- Pens or pencils

★ How often do you take time to relax, disconnected from your social life or your phone? Try enjoying 20 minutes of unstructured de-stress time.

Steps:

1. Set a timer for 20 minutes. Use this time to work on letting go of stress. There's only one rule - no communication (digital or verbal)! Here are a few ideas for how you could fill your time:

- Color in your coloring sheet
- Write in your journal
- Meditate (try the 4-7-8 breathing method - breathe in for four counts, hold it for seven, and exhale for eight)
- Play a short yoga video
- Read a book



## Activity #2: Mind Your Motto

Time Allotment: 15 min

Materials Needed:

- Journals
- Pens or pencils

 **Resilience** is the ability to withstand adversity and “bounce back” from hard times. How can you practice resilience?

Steps:

1. Read the following list of resilience tactics from the American Psychological Association. Discuss how you can implement them within your troop.
  - Making connections and building your social support network;
  - Avoiding the tendency to view crises as insurmountable challenges;
  - Accepting that change is a natural and unavoidable part of life;
  - Moving towards your (realistic) goals;
  - Taking decisive actions that will help you face your challenges;
  - Looking for opportunities for self-discovery;
  - Nurturing a positive view of yourself and your abilities;
  - Keeping things in perspective and in context;
  - Maintaining a hopeful outlook on life;
  - And taking care of yourself.
2. One tactic you can use to build resilience is to create a motto, a word or phrase you can repeat to give yourself strength or calm yourself down in times of stress. Begin by coming up with your motto. It could be a meaningful quote or phrase, or you could list some of your values “(i.e. I am brave, smart, and a true friend”).
3. Write your motto in your journal and decorate the page. Repeat it to yourself when you are dealing with a tough time.

# Activity #3: Picture This

(adapted from the National Eating Disorders Association)

Time Allotment: 25 min

Materials Needed:

- Media images from magazines, the internet, TV, or movies
- Journals
- Pens or pencils



Body image is one of the most cited causes of stress among teens, especially in the digital age. In this activity, you will analyze and evaluate media messages that promote an often unattainable standard of beauty. Some companies have begun to pivot toward more inclusive marketing campaigns in recent years, but beauty ideals still exist in advertising and media.

Steps:

1. Choose two advertisements or social media posts to analyze.
2. Write down what catches your eye, focusing on appearance-related themes. Consider the following:
  - What is the product or service being advertised?
  - How is the ad trying to persuade you to take part in or buy their product?
  - Who is the audience for this advertisement?
  - Does the ad make you feel like you need to fix, change, or buy something to have the “right” look? Why or why not?
  - What, if anything, would you change about this ad to send more positive media messages?
3. As a troop, take turns sharing your advertisements and takeaways. Discuss the following questions:
  - What messages do the media suggest about people and their physical appearance?
  - How do binary appearance-ideals (i.e., male/female) exclude non-binary folks?
  - Who benefits from these kinds of images? Who do these images hurt?
  - Why is it important to be a critical viewer of media messages?

## Snackivity: Reflection

Time Allotment: 15 min

Materials Needed:

- Snack ingredients

Prep Needed:

- Snack prep

Steps:

1. While you enjoy your snack, discuss how the media you view (television, film, social, or print) has impacted your vision of yourself.

## Closing: Think Positive

Time Allotment: 5 min

Materials Needed:

- Journals
- Pens or pencils

Steps:

1. Start your journal entry for today. Include the date, your emotional state, goal progress, and a positive interaction. Add one I-statement of affirmation that pertains to something you learned today (i.e. I am smart, I am courageous, I am a good friend). Until the next meeting, continue to write an I-statement of affirmation 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 4: Responsible Decision-Making

### Materials Needed:

- Journals
- Pens or pencils
- Roleplay prompts
- Markers or crayons
- *Electronic device or poster board (optional)*

### 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 Preparation:

- Don't forget that food is the fuel your brain needs to function! Make sure to schedule one or more Girl Scouts to bring a snack to each of your Council Quest sessions!

## 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: Sage Advice

Time Allotment: 10 min

Materials Needed:

- Journals
- Pens or pencils



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. Did you take your current advice at the time, or did you react differently?

## 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

(adapted from Centervention.com)

Time Allotment: 20 min

Materials Needed:

- Roleplay prompts

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 Power 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
- *Electronic device or poster board (optional)*

1. In your journal, write down your three favorite new concepts you have learned. How could these new skills or strategies help another young person?
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 Power of Me Council Quest!**





---

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

