

Wellness Puzzle 2025

Exploration Be adventurous!

Seeking out new experiences is good for mental and physical health. In the winter in Alaska when it is cold and daylight is limited, it can be hard to get motivated.

New or challenging experiences offer great mental wellness benefits!

- Fresh air and sunshine from getting outside can boost your mood and improve sleep
- Moving and challenging your body keeps it strong and builds resilience
- Nature can help relieve anxiety, stress, fear, and worry by helping you feel more relaxed and focused
- New adventures encourage development of new skills

Connect and share with others

Head outside and do something active. Go for a walk. Explore a playground or park. Go sledding. Build a snow sculpture. Go on a scavenger hunt. We can find new and exciting things outside on any kind of adventure!

Make a post in the Exploration rally sharing what you did and how it went. Make sure to respond to at least one other girl's post too!

Reflect on yourself and the world around you

Take a moment to tune in with yourself and your needs by practicing a grounding or focus technique. Each person's brain works differently and some techniques won't work for you. That's okay! Try out a couple until you find one that helps you feel more centered. Try out one of these or find your own practice that works!

- Finger taps
- 5-4-3-2-1 technique
- Belly breaths
- Progressive muscle relaxation

Make your cookie experience more even more meaningful

You have been working hard in January to pre-sell cookies! Pat yourself on the back for your hard work. Decide if you want to celebrate your success so far or if you want to take a break from thinking about cookies before booth sales start in March.

- Celebrate what you've accomplished so far with your troop.
- Take a Break - Give yourself a mental break and enjoy a different activity.

Engage at a global level

Take some time to engage with history with activities in the 'Our Past' section of the WAGGGS World Thinking Day Badge.

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Curiosity Try something new!

Curiosity means wanting to know more. Being curious about something helps you understand it more deeply. How do you get curious?... by trying new things!

Being curious leads to positive outcomes:

- Curiosity helps develop your ability to ask better questions and better remember what you learn
- Curiosity increases self-confidence and kindness to ourselves and others through trying new things and being open to outside perspectives
- Curious people tend to be happier, less anxious and more resilient
- Curiosity motivates you to get involved and helps you stay engaged
- Curiosity increases empathy by encouraging us to think about other peoples' perspectives

Connect and share with others

The first time we do something new often doesn't go as well as we hope. New skills are challenging and it's okay to not be perfect the first time!

Make a post in the Curiosity rally sharing a time you started something new and what you learned from the experience. Make sure to respond to at least one other girl's post too!

Reflect on yourself and the world around you

There is so much to learn. Is there a question you always wanted to know the answer to? Is there something you want to learn more about? Pick something you have always wanted to learn about and find a book at the library, a video or person to learn from.

You can also complete our patch programs on topics like grit, lemurs, DNA, baking, conservation and so much more!

Share something you learned with your troop.

Make your cookie experience more even more meaningful

There are many different roles you can fill at a cookie booth. Everyone has different strengths and different comfort levels. Work as a group and figure out what different roles everyone can have. Some examples are:

- cookie seller
- inventory manager
- money counter
- booth décor committee

Engage at a global level

Take some time to engage with the present state of the move-ment and your place in it with activities in the 'Our Present' section of the WAGGGS World Thinking Day Badge.

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Purpose

Commitment to making a meaningful contribution to the world.

Having a purpose is good for both you and the world:

- It drives you to make positive contributions
- It helps motivate and guide short term goals
- Purpose makes it easier to connect with others who have similar ideas
- A strong sense of purpose is important to developing self-esteem and confidence
- It helps you be resilient to setbacks, be more energetic and stay healthier
- Purpose helps you feel good about your accomplishments

Connect and share with others

The Girl Scout Law outlines the values that are important to all of us. We remind ourselves of these values every time we say recite them at meetings, but we also live them every day.

Make a post in the Purpose rally about a time you did something that showed a Girl Scout value. Make sure to respond to at least one other girl's post too!

Reflect on yourself and the world around you

Each person has their own personal values, which are beliefs based on the combined experiences in our lives. Values are flexible and often evolve over time. People then choose other people, organizations, and careers that match their personal values. Do you know your personal values? Use the Personal Values for kids worksheet to reflect and discover your own values! You can find it in the Purpose rally and on our Wellness Puzzle webpage.

Make your cookie experience more even more meaningful

When setting goals, it is important to have a purpose (a goal) in mind. Did you set a goal before you started the season? If you did, how are you doing on reaching your goal? What do you need to adjust for booth sales to meet your goal? If you didn't set a goal, set one now! If you need to change it update your goal on eBudde.

Engage at a global level

Take some time to reflect on what your vision for the future of the Girl Scout movement is by completing activities in the 'Our Future' section of the WAGGGS World Thinking Day badge.

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Friendship

Be with others.

Connecting with others can help you mentally and emotionally.

Having a friend or friend group contributes to your wellbeing by:

- Offering emotional and social growth opportunities
- Boosting happiness and reduce stress when you do fun things together
- Increasing your sense of belonging and purpose
- Decreasing feelings of loneliness, anxiety, depression by providing companionship and support
- Motivating and encouraging your physical health

Connect and share with others

The first step to forming a new friendship is getting to know a new person by asking thoughtful, easy questions like “What TV shows do you like?” and “What’s your favorite book?”

Make a post in the Friendship rally with a “get to know you” style question. Keep it simple. Make sure to respond to at least one other

Reflect on yourself and the world around you

Being kind to others is part of the Girl Scout Law. It’s also an important part of taking care of your friendships and creating a place of belonging where both you and others can feel safe. Do the Group Belonging discussion and activity with your troop or with a friend to reflect on how you can help create accepting and welcoming relationships. You can find the discussion and activity page in the Friendship rally or on our Wellness Puzzle webpage!

Make your cookie experience more even more meaningful

After finishing something that you’ve worked hard for, it’s time to celebrate your success! Plan a celebration wrapping up your cookie season this spring.