

# Wellness Puzzle Program is back!

Why a program in the middle of the cookie season? We've heard from you, our troop leaders, that you want programming that provides a break during the cookie season that you don't have to design yourself. In response, we created **The Wellness Puzzle: a self-paced fun patch program with girls' physical, mental, social, and emotional health in mind.**

Cookie season is enormous fun and learning for girls. It can also be fast-paced and may feel overwhelming for some girls and volunteers. No matter whether you and your girls need a break from focusing on cookies or want even more cookie activities, this program is for you!

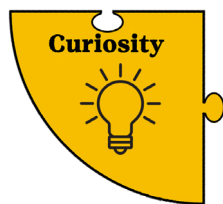
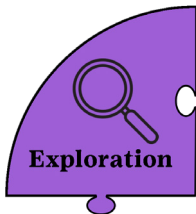
You'll notice that many of the activities provided have a physical, mental or emotional wellness connection. For more mental wellness activities for girls in grades 4-12 check out the Girl Scouts Mental Wellness Patch Program.

The pieces that help each person's wellness are different; these activities are designed for you and your girls to try different pieces of the wellness puzzle to see what helps.

Below you'll find all the details on how to participate. Have fun and make sure to share photos on Rallyhood!

## How to Participate

There are four categories of activities to explore:



There are multiple activities within each theme to choose from. Some activities ask girls to get connected, some are designed to help girls develop mental wellness skills, some compliment the cookie season and others focus on World Thinking Day (an annual Girl Scout celebration of international friendship).

We encourage you to try activities from different categories and topics but the activities that girls complete are up to you (and your girls)!

Girls can complete as many activities as they wish. Girls who complete at least 1 activity from each category are eligible to order their Wellness Puzzle badge and/or rocker. Girls who complete the order form will be entered into a giveaway for a wellness kit. The order form will go live on February 24th on Rallyhood.

# Your Wellness Puzzle

Theme	Get Active	Be Thoughtful	Cookies	World Thinking Day
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## Exploration

Get Outside <i>2 points</i>	Make a journal <i>3 points</i>	Celebrate cookie season <i>1 point</i>	WAGGS badge <i>3 points per activity</i>
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## Curiosity

Try something new <i>2 points</i>	Learn something new <i>1 point</i>	Cookie booth teamwork <i>3 points</i>	GSUSA badge <i>3 points per activity</i>
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## Purpose

Do something meaningful <i>1 point</i>	Make a happy place <i>2 points</i>	Re-evaluate your cookie goals <i>3 points</i>
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## Friendship

Do something with a friend <i>1 point</i>	Spread kindness <i>3 points</i>	Plan a cookie party <i>2 points</i>	Girl Scouts of Alaska Virtual Event <i>3 points</i>
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