

Wellness Puzzle 2025

Theme	Get Connected (Rallyhood)	Be Mindful	Cookies	World Thinking Day
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Exploration

Get outside then
share about
something you
found

Find and try
a grounding
activity

Celebrate cookie
season

WAGGGS badge
(Our Past)

Curiosity

Share your
experience with
trying something
new

Learn
something new

Cookie booth
teamwork

WAGGGS badge
(Our Present)

Purpose

Share a story
showing how you
practiced a Girl
Scout value

Explore your
values

Re-evaluate your
cookie goals

WAGGGS badge
(Our Future)

Friendship

Ask and answer a
“Get to
Know You”
question

Do the Group
Belonging
discussion/activity
with your troop or a
friend

Plan a cookie
party