



it's okay to feel all emotions

it's okay to slow down

it's okay to ask for help

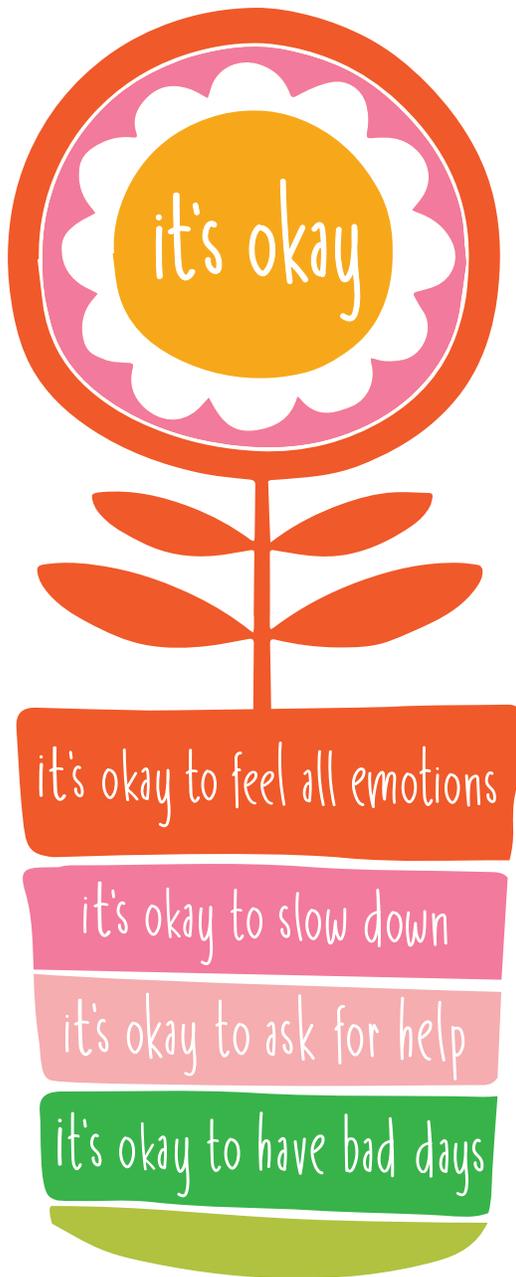
it's okay to have bad days

It's Okay Patch Program Guide

girl scouts 
heart of the south

TN Department of
Mental Health &
Substance Abuse Services

It's Okay Patch Program



Through times of uncertainty and adjusting to a new normal, we have experienced loneliness and isolation. Girl Scouts Heart of the South wants to continue to make the girl experience a safe space to share feelings and thoughts. Teaching girls to be resilient, ready, and strong is our final goal. We want girls to reach their highest potential and lift themselves and others up.

Guiding girls through their own wellness journey gives them the tools to help rise above challenges and become a leader for themselves and others. The purpose of this program is to help girls understand feelings, how they can feel supported when they are feeling isolated and lonely and how to build others up.

Before starting this patch program, troop leaders, parents, and volunteers should complete the [Facilitator's Guide](#).

INSTRUCTIONS & TEACHING NOTES:

- Daisies will complete one activity from each category.
- Brownies will complete one activity from each category.
- Juniors will complete two activities from each category.
- Cadettes will complete two activities from each category.
- Seniors and Ambassadors will complete two or more activities from each category.

Be sure to click the links throughout this document to access all the supplemental handouts you'll need to guide your discussion.



OPENING DISCUSSIONS

*Have you ever heard the saying “It is okay, to not be okay?” Emotions and how you feel about yourself, a situation, and others **matter**.*

You are allowed to feel different things and sometimes it is hard to express those emotions. Just because you had a bad day, feeling overwhelmed, super busy or having a hard time asking for help does not mean you are alone.

Everyone struggles, and it is okay. We are going to train our brains to think more positively about ourselves and the situations that we experience everyday. Expressing ourselves can be hard sometimes. But remember — you matter, you are loved, and you are heard. Let’s lift each other up today! You got this!

OPENING ICEBREAKERS

In the Middle:

Your Troop leader will call out a statement. If that statement is true, you will step in the middle. If it’s not true, then you will stay where you are. Look around to see who else has that in common with you! Do you see the similarities you share? Sometimes we share the same emotions and sometimes we don’t. Just because someone doesn’t feel the same way as you doesn’t mean you are alone. We all feel happy, and sad, and scared sometimes — and that is okay.

Getting To Know Me:

Before diving into learning about our mental wellness, we’re going to fill out a handout called *Getting to Know Me*. This will help us get to know ourselves. First, why do you think it’s important to know yourself? Why is it important to get to know others?

[link to handout](#)
**GETTING TO
KNOW ME**



It's Okay to Feel All Emotions

Get the group to think about how they are feeling today. You can make this an open dialogue or a quiet reflection. What are emotions? Can you feel two different emotions at the same time? How can you tell if someone is sad or angry? What do you do when you feel sad, happy, or angry?

GETTING TO KNOW YOUR EMOTIONS (D, B, J, C, S, A)

To fully understand our minds and those of others, we should learn about our emotions and how they make our bodies feel. What are some common emotions? Why do you think it's important to know your own emotions? We're going to look at different emotions so we can learn how they makes us feel and others feel. Let's get started!

After you go through each emotion, ask your group these questions:

1. Is there a certain emotion that you have felt but did know how to show it?
2. Do you think it helps to read the definition of these emotions?
3. Do you think it is important to share your feelings?
4. Who do you talk to about your feelings?

go to the
EMOTIONS
PRESENTATION

EMOTIONAL CHARADES (D, B, J, C, S, A)

This is a fun game to understand empathy. Let's define *empathy*: Empathy is the ability to understand and share feelings. Sometimes it's hard for us to come out and say "I feel ..." We can tell a lot about how someone is feeling through their actions, body language, or even in their tone of voice. Let's play emotional charades to find clues to know how someone is feeling.

Tell your troop to have fun with this. If a girl is uncomfortable doing charades by herself, have her partner up with a buddy. If needed, act out an example. Tell the girls to use their entire body to show emotion.

After everyone has had a turn, have a group discussion:

1. Why is empathy important?
2. How can we be a friend to a girl who's struggling to share her emotions?
3. Who do you share your feelings to?

WAG YOUR WORRIES AWAY (D, B, J)

We can get worried about things we should and shouldn't be worried about. Being worried is a valid feeling; we're always allowed to feel like this. Wouldn't it be so cool if we could get in the habit of telling someone our worries?

Your dog is there for you when you don't feel your best. Today we're going to give our dog a name, and think of something we want him to know. It doesn't have to be about something you're worried about. It can be something that you're happy or excited about, or you can tell your dog about your day! Being brave is key in your wellness journey! Remember if your worries aren't going away then you should talk to a trusted adult. Bring your dog with you if you get scared!

go to the
EMOTIONAL
CHARADES
ACTIVITY



It's Okay to Slow Down

Our lives are so busy. From school to Girl Scouts to sports to choir practice to chores. Life is busy. When we remember to slow down and press a reset button it can make a world of difference! Is there a time when you feel like you should have slowed down or taken a break?

go to the
VISION BOARD
HANDOUT

ACTIVITY: VISION BOARDS (C, S, A)

Sometimes life can get overwhelming. When this happens, taking time for ourselves and slowing down our routine can make things seem easier. Have you ever had a big project or are trying to accomplish something hard? Making a vision board can help you achieve that goal. It can be helpful to write down our goals or visions we have for ourselves. A vision board is a great visual for you to look at when you need an inspirational quote or just need that push to keep going. Vision boards are a great way to root yourself on and make it across the finish line. You can have a vision board for anything you want!

First we're going to write out a goal(s) and explain that goal. Then we're going to create our vision board with different quotes, affirmations, and visions of where you want to end up.

Remember you can always add to your vision board — especially when you reach your goal.

Once everyone has a vision written down, have everyone share at least one vision or goal.

go to the
DIY STRESS BALL
INSTRUCTIONS

ACTIVITY: DIY STRESS BALLS (D, B, J)

Squeezing a stress ball is one of the things we can do when we feel stressed or overwhelmed. This fun activity is one of the many examples of how you slow down when you are feeling stressed. Here are some other examples of how you can slow down and take a break:

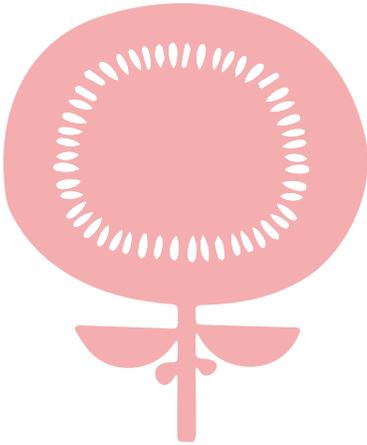
1. Take 10 deep breaths
2. Get 30 minutes of fresh air
3. Drink water
4. Exercise

Can you think of other habits you can add to your daily routine that would help you feel better?

go to the
MASON JAR
OIL CANDLE
INSTRUCTIONS

ACTIVITY: MASON JAR OIL CANDLES (C, S, A)

When we get overwhelmed, sometimes taking a break to relax can help. You can light a candle and turn the lights off or take a bath. Let's make our own candles! This is one of the many healthy habits we can practice when we need a break. Can you think of some other healthy habits that could help you?



It's Okay to Ask For Help.

Asking for help is NOT a sign of weakness. It is the most powerful tool in your wellness journey. We all need help from our family, friends, and sometimes even mental health professionals. How can you ask for help when it is hard? What do you like to do to help de-stress?

go to the
I FEEL MESSAGES
HANDOUT

I FEEL MESSAGES (D, B, J, C, S, A)

Sometimes when we feel a certain type of way we forget how to express it or maybe we aren't in the right environment to express it. In this activity we are going to learn about how we can express ourselves. We're going to think about when we feel angry. Do we scream and shout or should we take a deep breath? Let's set ourselves up for success by recognizing our emotions and our needs and wants. This is great way to ask for help from a friend, family, or someone you trust.

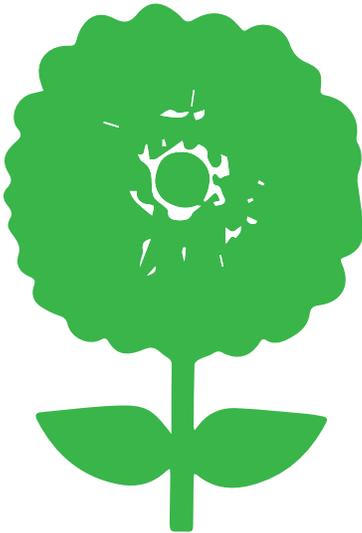
Once you read the examples, have the girls think of their own. This can be a group discussion or a quiet reflection.

ACTIVITY: SPREAD POSITIVITY TOOL-KIT (C, S, A)

Waking up for school, getting dressed, making our beds, doing chores, and homework aren't always the easiest tasks. It is easy to get unmotivated to do these things because sometimes they are hard or boring. All humans on this earth have to do hard things in some shape or form. If we said one positive thing about doing something we don't want to do, don't you think it would help make the hard things easier? The purpose of this activity helps show us that we all have to do hard things, but we have to at least try.

go to the
SAMPLE
POSITIVE
AFFIRMATIONS

This tool kit is to help you get through the hard tasks or to give you the confidence to keep going. It's important to remember we are never alone in how we are feeling and it is okay to ask for help or talk to someone! In this activity, we are going to write down positive affirmations and attributes. Grab your popsicle sticks and write things down things you love about yourself, things you can do to spread positivity, or things to motivate you to go to school or doing something that is hard for you, you got this! Can't think of any — ask a friend, family member, or a trusted adult. After you're done, put the popsicles in a jar and put them somewhere safe. Use them everyday or when you need a positive pick me up to help you get through the day.



It's Okay to Have Bad Days

Sometimes we have a bad day — or days, a week, and even a month. When we have multiple bad days, it's easy to start thinking negatively about everything. To train our brains to think more positively, we can start journaling or doing acts of kindness for ourselves and others!

GRATEFUL ABC'S (C, S, A)

What are you grateful for? Sometimes having a reminder of the positive things in our lives can reset our minds to think more positively. Grab a piece of paper and something to write with. We're going to break down our name to come up with positive affirmations or things that you're grateful for.

Here's an example.

If your name is Neely:

N: Nachos **E:** Earth **E:** Electricity **L:** Lungs **Y:** Youthfulness

Neely likes sharing nachos with her friends. She cares about the Earth and loves hiking with her Girl Scout friends. Neely is also glad for the electricity that makes her house cool in the summer and warm in the winter. She's glad she has healthy lungs because she likes to run and play. Neely is also happy about being youthful because she has many journeys to look forward to as she grows up.

Tell the girls they can share with the girl sitting next to them after they are finished. If they have time left, they can draw a picture of each one.

go to the
KINDNESS
BRACELET
INSTRUCTIONS

ACTIVITY: SPREADING KINDNESS TO OTHERS (J, C, S, A)

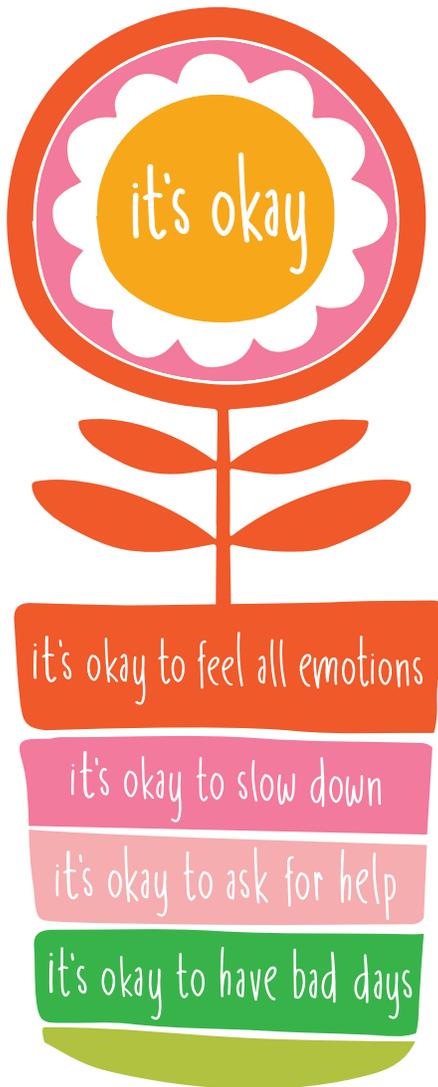
Sometimes when others have a bad day, a smile or a compliment helps. For this activity, each girl will think of a kind word or short phrase and then select the letters from a jar filled with letter beads. Next, they thread the letters together on a string, yarn, or even a thin ribbon. Once complete, she can find someone in need of a little kindness and give it to her. Maybe it's a friend or a family member. If we get in the routine of spreading kindness, it will inspire others to do the same. Check out the handout to help spread kindness like confetti!

go to the
BUCKET FILLER
ACTIVITY

HOW FULL IS YOUR BUCKET? (D, B, J)

Read the book "How Full is Your Bucket?" by Mary Reckmeyer and Tom Rath. After reading, ask your group questions about the difference between filling your bucket and emptying your's or someone else's.

Next complete the Bucket Filler activity.



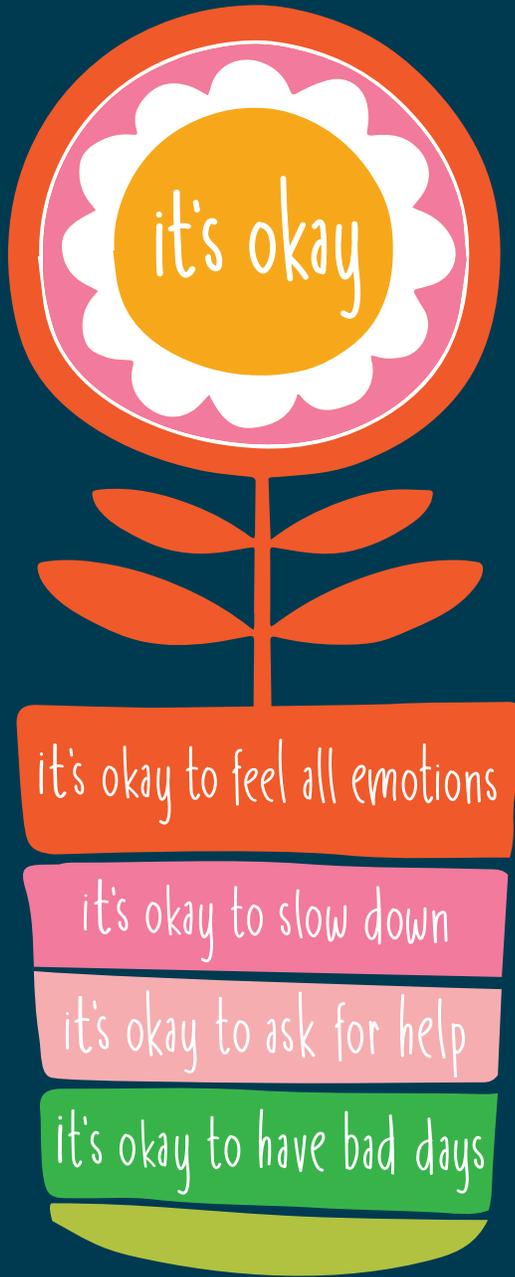
Conclusion

If you ever feel overwhelmed or can't shake the sadness you're feeling, talk to someone you trust so they can find the best resources for you. Your wellness is about taking care of yourself mentally, physically, and emotionally. Remember you are never alone. You are heard. And you are so loved!

You have officially earned your *It's Okay Patch*.

You can now:

1. Use the tools that you've learned to have a healthier mindset, habits, and routines.
 2. Explore different opportunities with Girl Scouts that can make you feel resilient, ready, and strong.
 3. Show your family and friends what you have learned, and show them kindness and love as they go through their own wellness journey.
 4. Check out other resources about mental wellness.
 5. Read about the professional women who are paving the way for mental health and wellness. You can also explore how these leaders made mental health their careers and the opportunities you have to learn more about this important topic for your future career.
-



It's Okay Patch Program

SUPPLEMENTAL MATERIAL

girl scouts 
heart of the south

TN Department of
Mental Health &
Substance Abuse Services

HANDOUT: Getting to Know Me

Getting to Know Me

NAME:	GRADE:
DATE:	MOOD:

I'm happiest when I am...

My favorite food is...

I really want to travel to...

My favorite toy or game is...

If I could be any animal,
I would be a...

Emotions Presentation:

The following 20 pages are a single presentation that will help you address the wide range of emotions that girls can experience.



Continue to the presentation ...



A little history...

- Emotions are defined as a natural instinctive state of mind that comes from someone's circumstances, mood, or relationships with others.
- During the 1970s, psychologist Paul Eckman identified six basic emotions that he suggested were experienced in every culture. The emotions he identified were happiness, sadness, disgust, fear, surprise, and anger.



How are you FEELING TODAY?





Happiness

- A pleasant emotional state that comes with feelings of joy, gratification, well-being, and satisfaction.
- Happiness is expressed through positive facial expressions, relaxed body language, and an upbeat tone of voice.
- We can be happy for ourselves or for others.





Excitement

- A feeling of great enthusiasm and eagerness. When we are excited we often feel overwhelmed with emotion and exhilaration.
- When excited, your muscles may tense up, your heart rate may quicken, and breathing may be accelerated. Your skin may also become flushed.
- We can feel excitement for ourselves and other people.





LOVE

- An intense feeling of deep affection. When we love something or someone we have a strong connection to that person or thing.
- When we feel love we might feel butterflies or the need to smile. You will feel a positive connection to and want to be with this person. You will care about how they feel.
- We can love ourselves and others!





Silly

- Sometimes we just feel silly! Feeling silly means you may want to goof off, tell jokes, or do some goofy things.
- When we feel silly we are often laughing and smiling (or making another funny face). It feels like you are enjoying yourself and want to make others laugh.

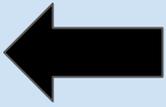




Sadness

- An emotional state that comes with feelings of disappointment, grief, disinterest, and dampened mood.
- Sadness is expressed through crying, a down mood, tiredness, quietness, and withdrawal from others.
- We can be sad for ourselves or others.

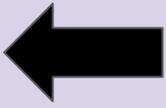




GLOOMY

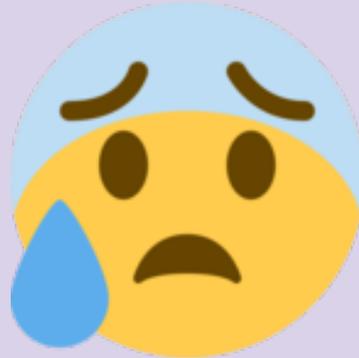
- Sometimes we are just gloomy and feeling down. Being gloomy means that we aren't in the best spirits or the best mood. This can happen when we are sick and just not feeling our best, or maybe we woke up on the wrong side of the bed.
- We feel mopey, our posture may change to be more closed off and hunched over, and you may feel kind of sleepy and out of it. This is totally normal, but to feel better we can cheer ourselves up by doing something nice for ourselves or someone else!

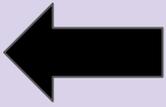




Fear

- Fear is a powerful emotion that comes when you face some sort of danger.
- Your muscles become tense, your heart rate and breathing increase, and your mind becomes more alert. Fear can also be seen through facial expressions like the widening of the eyes and attempts to hide or flee from the threat.
- You can be fearful for yourself or others.

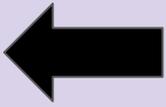




Worry

- To be worried means that we are unsure or uneasy about something or a situation. When we are worried, our minds often dwell on difficult tasks or troubles. We don't tend to worry about the good things, only the things that do not help in our favor.
- When worrying, your breathing and heart rate may accelerate. Your body will feel like it needs to prepare for a fight or flight situation.





Anxious

- When we are anxious we experience worry, uneasiness, and nervousness. Anxiousness comes from not knowing what the outcome of an event may be.
- Anxiety may cause shortness of breath, rapid heart rate, dizziness, sweating, and fatigue or tiredness.
- If you feel anxious about situations often, you should reach out to a trusted adult and talk about anxiety.





Disgust

- Disgust is a sense of unpleasantness. It can come from a number of things including taste, sight, and smell.
- Disgust is displayed through body language that turns away, physical reactions such as vomiting, and facial expressions such as scrunching the nose.

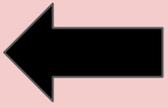




Sick

- Feeling sick means exactly what you think it means! It means that you don't feel good, you feel ill. It could also mean that you are upset (ex. I am just sick about this!).
- When we feel sick we may feel like we have a headache, we may be tired, or nauseous.

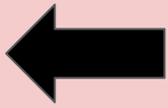




Anger

- Anger can be a particularly powerful emotion characterized by feelings of aggression, annoyance, frustration, and hostility towards others.
- When you get feelings of anger, it is often displayed through facial expressions such as frowning or glaring, turned away body language, yelling tone, and aggressive behaviors.
- We can be angry about something that happened to us, or about something that happened to someone we care about.

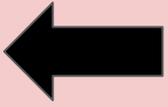




Upset

- Being upset means that you are emotionally disturbed or agitated. When you are upset, you have had a minor physical or verbal disturbance or some sort of disorder.
- When we are upset, we may feel hot, shaky, and sweaty.
- Being upset is a very normal feeling with anger. To calm down, we should take deep breaths and try and focus on making the situation better.

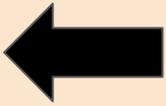




Devious

- Sometime when we are angry, we may also feel devious. Devious means that we are sneaky and wanting to “get back” at someone.
- When feeling devious we may feel shaky, hot, and even nervous.
- If you are ever feeling devious, you should talk about it with a trusted adult and see how they can help you with the situation that you are in.

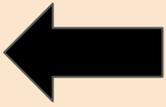




Surprise

- Surprise is usually a brief emotion characterized by a startled response following something unexpected.
- When we are surprised, we often see facial expressions like raising the brows, widening the eyes, and opening the mouth. We also see people jump back and hear yelling or gasping.

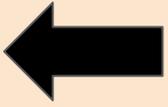




EMBARRASSED

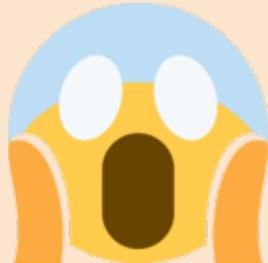
- Sometimes we do something that we aren't proud of, or maybe someone puts us on the spot. Being embarrassed is normal, but most of the time, it turns out to be something we can laugh about!
- When we are embarrassed, our face may get hot and red, and we may feel some butterflies in our stomach. Embarrassment normally comes on as a surprise.
- We can be embarrassed when something happens to us, but other people can embarrass us too. When we are embarrassed we should realize that sometimes these things happen and maybe we can laugh about the situation!





Shocked

- Being shocked can be defined as the reaction we get from a sudden or surprising event or experience.
- When we are shocked, we may feel confused. This is very normal, and depending on the situation, can be difficult.



ACTIVITY:

Emotional Charades

Cut out and place each strip in a hat. Have each girl choose one strip of paper and act it out with no words.

Losing a Game

Eating Cold Broccoli

Watching a Scary Movie

Winning a Soccer Game

Riding a Roller Coaster

Dropping Your Ice Cream

Taking Out the Trash

Waiting for the Bus

Receiving a Gift

Falling Off Your Bike

Doing Chores

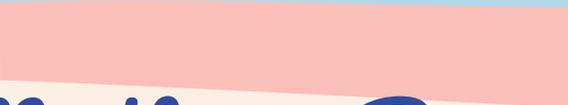
Having a Fever

Playing with a Dog

Brushing Your Teeth

HANDOUT:

My Vision Board



My Vision Board



THIS IS MY GOAL:



WHY THIS GOAL IS IMPORTANT TO ME:

AFFIRMATIONS



HOW I WILL REACH THIS GOAL



A QUOTE I LOVE:



ACTIVITY:

DIY Stress Ball

Materials Needed:

- Balloon
- Flour
- Funnel
- Pen or pencil

Instructions:

1. Blow up the balloon, and then deflate it. This stretches the balloon which makes it easier to fill it with the flour.
2. Pull the end of the balloon up over the end of a funnel.
3. Carefully pour flour into the funnel. Shake the funnel back and forth and, tap the side of it to get the flour to go down into the balloon.
4. If the flour doesn't seem to go through the funnel, use a pencil or pen to push it through.
5. Keep adding more and more flour to the funnel and into the balloon until you're happy with the size.
6. If the balloon is running out of space to add more flour, pinch the opening of the balloon closed. Then use your fingers to press down the flour in the balloon right below the funnel. Press and shape the balloon down and outwards to make space for more flour. *You'll be surprised how much flour you can fit into the balloon just by pressing it down like this!*
7. Remove the funnel and tie a knot in the balloon. Try to get the knot as close to the base of the balloon as you can.
8. Your stress ball is done!

HELPFUL TIP: If you don't have a funnel you can cut off the bottom of a plastic water bottle and use the opening of the bottle as your funnel.

OPTIONAL: If you want, you can cut the neck off of a second balloon and stretch it over the stress ball to hide the knot in the balloon. Adding a second balloon will give your stress ball an extra layer of strength, but it will also make your stress ball more firm when you squeeze it.

ACTIVITY:

Mason Jar Flower Oil Candles

Materials Needed:

- 16 oz. Pint mason jars
- Assorted artificial flowers
- Light olive oil
- Floating wick
- Wooden skewer or pencil

Instructions:

1. Place your flowers and leaves in a 16 oz. mason jar.
2. Use a wooden skewer or pencil to move the flowers around and pack them in the jar.
3. Make sure to leave space at the top.
4. Fill the jar with water, just to the bottom ring.
5. Add about 2 tablespoons of the light olive oil to cover the top.
6. Drop a floating wick on top.
7. Cover with a lid when not in use.

NOTE: Test your faux flowers out for a day or two first to make sure that they will hold up in the water. Some may bleed or change shape

HANDOUT:

I Feel Messages

I Feel Messages

I FEEL...

WHEN...

I NEED...

I **feel** mad **when** someone takes my toy.
I **need** to find a quiet space.

I **feel** sad **when** someone does not want to
play with me. I **need** a hug.

I **feel** happy **when** someone gives me a nice
compliment. I **am** thankful for the compliment.

I **feel** stressed **when** I have too much homework.
I **need** to ask for help.

EXAMPLES:

Positive Affirmations

- I am extraordinary.
- I forgive myself for my mistakes.
- You are perfect just the way you are.
- I choose to think positive.
- Today is the perfect day to be happy.
- Bad days will pass.
- I am doing my best.
- You are valuable.
- You are important.
- You can be a leader.

ACTIVITY:

Spreading Kindness

Materials Needed:

- Letter Beads
- Pony (all colors) beads
- Mason Jar or any jar with a lid
- String
- Scissors

Instructions:

1. Take out the piece of paper with the words that are in your jar.
2. Find a word that describes yourself, friend, or family member.
3. Spell word out with the letter beads and decorate the bracelet.
4. Give the finished bracelet to your friend the next time you see her, and explain why you're giving it to her.
5. Make sure you also give the jar and string to your friend so that she can keep the chain going.

ACTIVITY:

Bucket Filler

After reading “How Full is Your Bucket?” by Mary Reckmeyer and Tom Rath, complete this activity:

1. Hand out the “buckets” with 10 pom poms for each girl.
2. Have the girls divide pom poms out evenly (5 for themselves and 5 for someone else).
3. First, have all the girls fill their own buckets with positive affirmations.

EXAMPLE:

*My eyes are pretty. I am awesome at math. I am good at drawing.
I am good at swimming. I am good at doing my hair.*

You can have them share some positive statements with the group.

4. Once they have filled their buckets up, have them turn to their neighbor and fill their buckets up.
5. Once they do this, have an open discussion about the activity. You can use these questions to guide your discussion:
 - a. How did it make you feel when you filled your bucket?
 - b. How did it make you feel when you filled others’ buckets?
 - c. Since we don’t have actual buckets above our heads like in the story, how can we be real life bucket fillers?