

Discovering and Understanding Your Mental Wellness



girl scouts 
of the jersey shore

Discovering and Understanding Your Mental Wellness

Everyone, at every age, every day, experiences changes in their Mental Health-how do we know what those changes are in ourselves and those around us? As complex and rapidly-changing as it can be, it is important for all of us to be aware of what aspects of human behavior can help us identify how to best support our own mental well-being, as well as those around us.



Using the activities included, take time to try to learn, explore, and observe to identify your emotions, take note of physical responses, and find ways to help manage your tension and stress.

Activities are separated by level and are prepared to be developmentally appropriate for that age group; Leader/Parent can adapt for their group and what is needed and/or available.

D/B Daisy/Brownie

J/C Junior/Cadette

S/A Senior/Ambassador



Mental Wellness
Awareness Patch

Identifying Emotions of Others:

Daisy/Brownie

Using clip-art, advertisements, cartoon pictures, etc., show as many emotions as possible to the group and have them identify what they believe each person is feeling and what clues they are using to make that assumption. Then, have each participant try to convey an emotion to the group, without talking, using facial and body language.

Junior/Cadette

Play a game of Charades, where each participant should secretly select an emotion to act-out silently to the group, and have the group try to guess what emotion is being shown. After each one, discuss what actions/gestures/facial expressions would make them believe that a certain emotion is being felt.

Senior/Ambassador

In pairs or small groups, write and act-out a 2-3 minute skit, demonstrating at least 3 emotions without directly stating them. After performing the skit, discuss with the group what emotions they felt were being conveyed and why.

Music's Effects on Emotions and/or Influencing Our Behavior Through Sound/Lyrics:

Daisy/Brownie

Compile a playlist of 60-second clips of at least 6-8 different genres/types of music and allow yourself to move and shape your body as the music moves you to do for each clip of music (ie: jump fast, spin slowly, sit quietly, etc.). Talk about how each type of music made you feel.

Junior/Cadette

Compile a playlist of 60-second clips of at least 8-10 types of music/songs, with and without pronounced rhythms/beats. Move your body, clap your hands/tap feet, etc. to the beat and observe the change in feeling, heartbeat, etc. in your body with each change. Discuss how the varying rhythms and beats affected you. IF in a group, have each person tap, clap, or drum their own rhythm of a feeling for everyone to hear.

Senior/Ambassador

Compile a playlist of at least 8-10 songs in 90+ second clips, all including lyrics, and have the typed lyrics available. Without looking at the lyrics, listen to each sampling carefully, being mindful of the lyrics and how they balance with the music. Then, read the lyrics along with the music and discuss what emotions, feelings, etc. are being conveyed through the combination of words and sounds. After listening and comparing, try writing a few lines of lyrics to convey a feeling/thought/emotion/experience of your own.

“Grounding” with Nature/Natural Resources:

Daisy/Brownie

Go outside and sit quietly for about 3-5 minutes, listening for naturally-occurring sounds and identifying them by making simple sketch drawings of what you think you have heard. Then, discuss as a group what was heard and how both the individual sounds, as well as the collective sounds of the outdoors, makes you feel.

Junior/Cadette

Go outside with the intent of feeling as much nature as possible; be mindful to exposed yourself to sunlight, wind, rain, etc. and how each makes you feel, mentally and physically. Then, seek out naturally-occurring textures; feel and move the sand, grass, pebbles, mud and compare the sensations of varying tree barks and vegetation, flowers.

Using a blindfold or eyecovering, feel samples of some naturally occurring textures (seashells, fruit/vegetable skins, rocks, leaves, etc.) and observe the temperature, moisture, if there are patterns, the shapes, etc.

Senior/Ambassador

Using small blank canvas, paper, etc. and primary color mediums to mix your own colors and create a piece of art that focuses on a small focal point in nature that evokes calm feelings/emotions. Ie: not a whole tree, but rather a flowering branch, a small waterline along a body of water, a fallen colorful leaf, a bird, an insect, a feather, etc. Be mindful of textures, shapes, patterns, etc. and feel free to touch and experience them, to get a fuller idea.

Awareness of and Recording Emotions and Possible Triggers Through Journaling

Daisy

Every day for one week, draw a simple picture of two aspects of your day, trying to identify one “positive” and one “other” emotion you felt during the day

Brownie

Keep a simple journal of one sentence each to start and end the day, explaining what you feel and what is making you feel that way

Junior

Keep a journal, documenting your emotions/thoughts to begin and end each day for one week

Cadette

For one week, keep a journal or log of emotions you recognize having had during the course of each day (if you are able to log in the moment of the emotion, even better!) and what you felt made you have those feelings, emotions, etc.

Senior/Ambassador

For one week, keep a journal or log of emotions throughout the day of emotions/feelings you have, what you believe evoked those emotions, and how your body physically reacted (ie: smiling, laughing, crying, feeling withdrawn, bashful, etc.)

Creating Therapeutic Art:

Daisy/Brownie

Using crayons/markers in “basic” colors of the spectrum (red, orange, yellow, green, blue, purple, black, white), draw simple pictures of the following:

- +show yourself feeling happy
- +show yourself feeling sad
- +show yourself feeling scared
- +show yourself with something you love
- +show yourself being brave
- +show yourself feeling angry

Compare the pictures and discuss the colors used in showing/expressing the feeling, to include/emphasize the connection to emotions/colors. Discuss phrases such as “feeling blue” or “seeing red” or “green with envy” and how colors can help us express emotions to others

Junior/Cadette

Using any type of multi-colored mediums (crayons, markers, paint, etc.) on a flat surface (canvas, paper, etc.), make a picture of yourself feeling a strong emotion of your choosing, without any lettering/direct labeling of the emotion on the piece. Discuss with others what each picture includes, colors, details, etc. and try to guess what the portrayed emotion is, based on what is observed.

Senior/Ambassador

Create a piece of art that depicts a feeling, emotion, or passion that you have felt/experienced, without including direct labeling. Share the piece with others, allowing time for discussing how the piece makes them feel, what it makes them think, etc. before directly explaining what the piece is expressing. Compare and contrast reactions, emotions, etc.

Relaxation Techniques:

Daisy/Brownie

Practice staying as quiet and still as possible; close your eyes and take deep and even breaths while listening to recordings of ocean waves, rain, etc. and try to continue for up to 5 minutes. Discuss how it feels to be still and quiet, what their body feels like (“Do your arms/legs feel tight and strong, or do they feel soft and gentle?” “When you concentrate on being quiet with eyes closed, what did you hear/feel?”)

Junior/Cadette

On a flat, ground-level surface, sit on a towel/blanket/stretching mat, trying to remain as quiet and still as possible, concentrating on slow and deep breathing. Background sound can be those of the nature around, white noise, nature sounds, or soft instrumental music; gently lay down, and try to begin relaxing your body slowly, starting with toes, then whole foot, then lower leg, then knees, etc. until the entire body is relaxed/has less tension. Allow yourself to remain relaxed for up to 5 minutes, still being mindful of calm, deep, even breathing, as well as loose muscle tension. Try to incorporate the same 5 minute routine into your day for one week and evaluate overall stress/tension levels.

Senior/Ambassador

On a flat, ground-level surface, sit on a towel/blanket/stretching mat, and begin slow, deep, mindful breathing. Begin (silently) to relax your body, from your toes to your head, and gently begin stretching each part of your body, beginning with your fingers, then hands, wrists, arms, etc. If possible, use examples of basic yoga poses to try gently stretching more muscles in different ways, without strain or added tension, remaining as quiet as possible and being mindful of breathing.