

Knowing My Emotions

Parent & Caregiver Resources for Mental Wellness Patch Program for Juniors

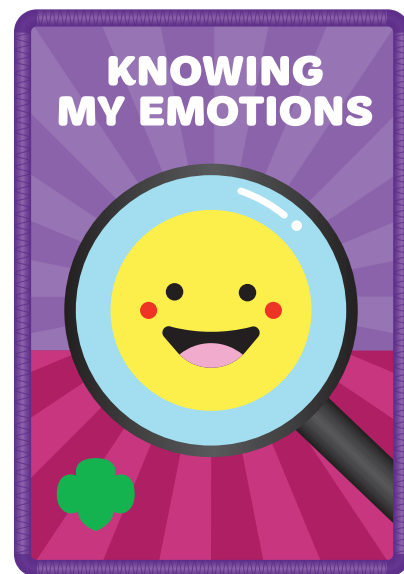
One of the most important ways to take care of our mental health is by knowing how to identify and communicate our feelings. It's not always easy, especially for younger Girl Scouts who are just starting to learn different ways to express their emotions.

That's why Girl Scouts partnered with the HCA Healthcare Foundation and the National Alliance on Mental Illness (NAMI) to create this Mental Wellness Patch Program for Junior Girl Scouts called "Knowing My Emotions."

Through this Mental Wellness Patch Program, which was generously funded by the HCA Healthcare Foundation, your Girl Scout will get age-appropriate information and participate in activities about mental wellness, behavioral challenges, and healthy habits. Girl Scouts will learn:

- Positive coping skills when they are feeling stressed or anxious
- How to name their feelings to help talk about them
- Ways to show kindness to others who might be going through a tough time

Through the Girl Scouts' mental wellness initiative, we provide our membership, staff, and volunteers with programs and training to better understand mental wellness. As a parent and caregiver, you are an essential part of this, which is why we've created this resource guide for you.



We want to help you support your Girl Scout as they learn about mental wellness, and with anything they might need going forward.

This process begins by defining mental health and wellness for you:

- **Mental health** encompasses emotional and psychological health. It impacts how we think, feel, and act. Everyone has a state of mental health, just as everyone has physical health.
- **Mental wellness** refers to how we take care of our mental health, which includes how we cope with stress and engage with others.

Post-Mental Wellness Patch Program Tips:

- Read through the handouts, worksheets, or any other materials from the Mental Wellness Patch Program. Use them as a conversation starter to discuss the activities your Girl Scout did. Find out what was the most meaningful or surprising thing your Girl Scout learned.
- Consider putting up a feelings wheel in your home to remind your Girl Scout about words to identify feelings.
- As a family, create ways you can all care for your mental health at home. As a parent or caregiver, be open about your own feelings and emotions, showing your Girl Scout that it's okay to discuss how you're feeling.

Resources:

Here are some resources you might find helpful when learning about and supporting mental wellness for your Junior Girl Scout:

- [Girl Scouts Mental Wellness and Inclusion Portal](#) (GSUSA)
- [Raising Awesome Girls: Help Her Be Happy and Healthy](#) (GSUSA)
- [Your Language Matters](#) (NAMI)
- [Kids, Teens and Young Adults](#) (NAMI)
- [NAMI Basics](#): A series of classes dedicated to parents/caregivers of a child who is showing symptoms of or who has been diagnosed with a mental health condition.

● Useful websites:

- [National Institute of Mental Health](https://www.nimh.nih.gov) (nimh.nih.gov)
- [Substance Abuse and Mental Health Services Administration](https://www.samhsa.gov) (samhsa.gov)
- [Centers for Disease Control and Prevention: Children's Mental Health](https://www.cdc.gov/childrensmentalhealth) (cdc.gov/childrensmentalhealth)

The contents of the Mental Wellness Patch Program for Juniors: Knowing My Emotions is for informational purposes only. Girl Scouts of the USA ("GSUSA") is not attempting to give medical advice. This information should not be relied on as a substitute for professional consultation with a qualified healthcare provider.

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