



HEALTHY LIVING

More Fun: Healthy Living in the New Year!

For all Girl Scout Grade Levels

Enjoying your healthy living experiences? Check out these local community partners and well-being resources to take the fun farther.

GSKSMO Patch Programs:



- **Hope Patch** - Inspire others by creating a mural of hearts to show your support and compassion for your community members with our Hope Patch!
<https://www.gsksmo.org/content/dam/girlscouts-gsksmo/OtherDocuments/at-home/Hope-Patch.pdf>
- **Senior/Ambassador Mental Health Patch** offered by the International Bipolar Foundation (IBPF) - Seniors and Ambassadors will learn about the brain and its influence on thoughts, feelings, and behavior, and through that knowledge, increase awareness and understanding of mental health challenges.
<https://www.gsksmo.org/content/dam/girlscouts-gsksmo/OtherDocuments/at-home/Sen-Amb-Mental-Health.pdf>
- **CommunityAmerica Credit Union COVID Support Patch** - Join CommunityAmerica on this journey to support Girl Scouts in this pandemic and learn all about helpful tools.
<https://www.gsksmo.org/en/events-repository/2050/CP-community-america-covid.html>



GSKSMO Community Partners:

The Community Partners opportunities with an asterisk (*) can be offered virtually.

Date Specific Opportunities:

- ***KC Healthy Kids** advances the health and well-being of children and families through community-driven initiatives and advocacy where they live, learn, work and play. They are hosting a program where Girl Scouts will learn how to practice healthy habits in their own life and how to create a healthy community on January 28th
<https://www.gsksmo.org/en/events-repository/2021/kc-healthy-kids-champion-for-health.html>. (B, J, C)
- ***Lisa is a yoga and meditation instructor and health and wellness coach** with more than 20 years of experience. She is hosting Virtual Yoga & Mindfulness for Daisies, Brownies and Juniors on the dates below. Click here <https://www.gsksmo.org/en/events-repository/2050/CP-lisaMurphy.html> to find out more. (All levels)
 - Tues. January 19 <https://www.gsksmo.org/en/events-repository/2021/lisa-murphy-yoga-jan19.html>
 - Sat. January 30 <https://www.gsksmo.org/en/events-repository/2021/lisa-murphy-yoga-jan30.html>
 - Tues. February 23 <https://www.gsksmo.org/en/events-repository/2021/lisa-murphy-yoga-feb23.html>
- ***Natural Grocers** is a specialty retailer featuring organic & natural groceries, body care & dietary supplements. They have Nutritional Health Coaches making new recipes for Brownies on the dates listed below. Please click here <https://www.gsksmo.org/en/events-repository/2050/CP-natural-grocers.html> to see all programs they are currently holding. (All levels)
 - January 14 <https://www.gsksmo.org/en/events-repository/2021/natural-grocers-snacks1-jan14.html>
 - January 21 <https://www.gsksmo.org/en/events-repository/2021/natural-grocers-snacks2-jan21.html>
- ***ScrapsKC** is hosting Virtual Gratitude Journal for Cadettes events on the dates listed below. Please click here <https://www.gsksmo.org/en/events-repository/2050/cp-scrapskc.html> to see all programs they are currently holding. (All levels)



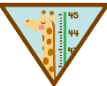








- Tues. January 5 <https://www.gsksmo.org/en/events-repository/2021/scrapskc-journal-jan5.html>
- Sat. February 6 <https://www.gsksmo.org/en/events-repository/2021/scrapskc-journal-feb6.html>
- ***Zen Friends Yoga** teaches yoga poses and yoga benefits through storytelling, songs and fun. They are hosting an event for Daisies to earn the Tula Petal on January 26. Click here to learn more <https://www.gsksmo.org/en/events-repository/2050/CP-zen-friends-yoga.html> (Daisy)

You-Schedule-It Opportunities:

- **BikeWalkKC** works to make Greater Kansas City a safer and more accessible place to walk, bicycle, live, work, and play. Click here <https://www.gsksmo.org/en/events-repository/2050/cp-bikewalkkc.html> to see the programs they are currently holding. (All levels)
- **Jennifer Martin is a yoga teacher and life coach** focusing on building confidence and breaking ego. Click here <https://www.gsksmo.org/en/events-repository/2050/CP-jennifer-martin.html> to see the programs she is currently holding. (J, C, S, A)
- ***MOCSA** exists to improve the lives of those impacted by sexual abuse and sexual assault and prevent sexual violence in our community. Click here <https://www.gsksmo.org/en/events-repository/2050/CP-MOCSA.html> to see the programs they are currently holding. (All levels)
- ***Yoga with Chandler** has experience in Restorative yoga, Vinyasa yoga, and Kids yoga and inspires children of all ages to lead healthy and balanced lives through the practice of yoga. Click here <https://www.gsksmo.org/en/events-repository/2050/CP-yogaChandler.html> to see the programs they are currently holding. (All levels)

Other GSKSMO Healthy Living At-Home Badges:

-  Daisy Friendly & Helpful Petal <https://www.gsksmo.org/content/dam/girlscouts-gsksmo/OtherDocuments/at-home/Daisy-Petal-Friendly-Helpful.pdf>
-  Brownie First Aid Badge <https://www.gsksmo.org/content/dam/girlscouts-gsksmo/OtherDocuments/at-home/Brownie-First-Aid.pdf>
-  Brownie My Best Self Badge <https://www.gsksmo.org/content/dam/girlscouts-gsksmo/OtherDocuments/at-home/Brownie-My-Best-Self.pdf>
-  Brownie My Great Day Badge - <https://www.gsksmo.org/content/dam/girlscouts-gsksmo/OtherDocuments/at-home/Brownie-My-Great-Day.pdf>
-  Brownie Senses Badge <https://www.gsksmo.org/content/dam/girlscouts-gsksmo/OtherDocuments/at-home/Brownie-Senses-Badge.pdf>
-  Brownie Snacks Badge <https://www.gsksmo.org/content/dam/girlscouts-gsksmo/OtherDocuments/at-home/Brownie-Snacks-Badge.pdf>
-  Junior Simple Meals Badge <https://www.gsksmo.org/content/dam/girlscouts-gsksmo/OtherDocuments/at-home/Junior-Simple-Meals.pdf>
-  Cadette New Cuisines Badge <https://www.gsksmo.org/content/dam/girlscouts-gsksmo/OtherDocuments/at-home/Cad-New-Cuisine.pdf>
-  Cadette Science of Happiness Badge <https://www.gsksmo.org/content/dam/girlscouts-gsksmo/OtherDocuments/at-home/Cad-Science-Happiness.pdf>



Girl Scout programs like Girl Scouts Virtual are funded in part by Daisy's Circle. Juliette Gordon Low, known to her friends and family as Daisy, committed her time and personal funds to the founding of the Girl Scout Movement. Named for our founder, Daisy's Circle is our council's monthly giving program. Learn more about Daisy's Circle and become our newest member now at [gsksmo.org/daisycircle](https://www.gsksmo.org/daisycircle).