

BE WELL



Explore what keeps you feeling good physically and mentally, and how they work together in your life. In this program area, you'll learn how to support your mighty mind, find balance for your body, and support others in feeling strong and confident.

Take a deep breath and find your focus – your journey starts here.

My Mighty Mind:

Build positive mental health skills you can use in your daily life, and explore how to support others in feeling strong and confident. Develop an awareness of and fight against mental health stigma while learning more about your own emotions and feelings. In this theme you can...



(Younger girls)

- Explore what lifts you up when you're feeling down
- Practice being a superhero for a friend who needs help
- Create a chain reaction of positivity

(Older girls)

- Explore the impact of words we use about mental health
- Practice bouncing back when things don't go as planned
- Explore the effects of stress and what helps you recharge

My Physical Self:

Develop an understanding of how your body works best, and learn to listen to the cues your body gives you about what it needs. Experiment with the many choices you have for keeping your body working and feeling good, and discover which ones work best for you. In this theme you can...



(Younger girls)

- Show off your dance moves
- Practice tricks for stopping germs
- Explore new ways to keep your body feeling at its best

(Older girls)

- Experiment with food and mindful eating
- Put a new spin on the sports and activities you love
- Learn to love your body as it changes over time

My Healthy Relationships:

Develop skills to help you strengthen the many different relationships in your life. Try turning conflicts into learning experiences and practice standing up for yourself while supporting others. In this theme you can...



(Younger girls)

- Make a unit friendship pact
- Try a listening game
- Explore how you like to be treated

(Older girls)

- Reflect on what pushes your buttons
- Practice collaborating and build stronger friendships
- Get to know your personal boundaries and why they're important