

Council's Own Patch

Geared to Grow It's in the Bag!

Objective: Girl Scouts will gear up with tools to help them on their growing journey, learn about their bodies changing, and how to take care of themselves with appropriate supplies. Don't Worry, It's in the Bag!

Guidelines:

- Patch Program recommended for Junior through Ambassador Girl Scouts
- Juniors and Cadettes must review at least 4 topics
- Seniors and Ambassadors must review all 6 topics.



Materials: Girl Scouts will need a small pouch or bag to fill with the care items for each topic. Choose a bag that works for you and fill with any or all of the items of your choosing. You are welcome to add other items not featured here. Keep your care bag in your backpack, athletic bag, or purse so that you are geared up with your self-care supplies!

Geared to Grow Topics:

1. **Healthy Movement** - Physical Wellness helps our bodies move more easily as we age. The more you move, the more your body will thank you for staying active. Ensure you learn the correct form and alignment for each exercise. Take a walk, follow an online workout video, or play a game outside.
2. **Physical Hygiene** - Our bodies are capable of so many amazing things—and taking care of them is up to us. Practicing good hygiene, like washing your body regularly, caring for your skin, and staying fresh during your period, helps you stay healthy and confident. Choosing gentle products without harsh fragrances or additives can keep your skin happy and help you feel like the best version of yourself.
3. **Nutrition** - You do amazing things every day—so keep your body fueled! Drink plenty of water and eat balanced meals to stay strong and energized. Try out yummy recipes that are both delicious and good for you. And don't forget your refillable water bottle to stay hydrated and help the planet.
4. **Emotional Intelligence** - Sometimes things don't go as planned—and that's okay. Learning healthy ways to cope can help you handle big feelings or tough situations. Figuring out what you're feeling is the first step to knowing how to respond. When you understand your stress, it's easier to find a solution!
5. **Period Positivity** - Periods are a natural part of life that almost every girl will experience as she grows up. It can feel new or confusing at first, and that's totally normal! Talk with a trusted adult—like a parent, guardian, or school nurse—about what to expect and which products will work best for you. Together, you can make a plan that helps you feel comfortable and confident.
6. **Supportive Fitting** - Most people wear undergarments that give support and comfort throughout the day. Talk with a trusted adult about the best options for your body, and explore different styles. You can also research online or ask an expert in a store to find the right fit and feel for you.

Optional Care Items:

1. Deodorant, Hand Wipes, Face Wipes
2. Toothbrush, Toothpaste, Floss, Face wash
3. Trail Mix, Granola Bar, Fruit, Girl Scout GORP
4. Fidget Toy, Emotion Wheel
5. Period hygiene items, such as Pads, Tampons, etc.
6. Compact Mirror, Safety Pins, Bobby Pins