

Be Well Virtual Camp!

Girl Scouts can continue to explore and enjoy the wonders of the Great Outdoors—from home this summer! Join us for homemade camping fun that encourages Girl Scouts to “Be Well” while exploring different skills and themes each week.

Sign up today at gssem.org/virtualcamp!

JUNE 15-19: EMOTIONAL WELLNESS

How do you deal with the world around you? Do you enjoy taking a long walk? Or do you prefer to explore your creative side? This week will focus on coping mechanisms to help you better take care of your emotional well-being.

JUNE 22-26: ENVIRONMENTAL WELLNESS

Big or small, the steps you take to protect the Earth are important. This week we'll explore our natural environment and discover the ways your interactions with the planet have a lasting effect on not just not yours, but everyone's well-being.

JULY 6-10: OCCUPATIONAL WELLNESS

What do you want to be when you grow up? How many times have you been asked that question? This week, you'll have the chance to explore various career opportunities and even try a few out.

JULY 20-24: SOCIAL WELLNESS

Being socially distant doesn't mean you can't continue forward with your relationships. This week, we'll tap into some new AND old ways of finding connections with the people you care about—as well as making new ones!

JULY 27-31: INNER WELLNESS

What feeds you? Not in the sense of nutrition but in the sense of what makes you feel good about yourself and the environment around you. This week, we'll focus on how you take care of you, for you. Inner wellness can be in the form of spirituality within churches and youth groups, to connectivity to the outdoors, to how your body interacts with itself through the practice of yoga—and so much more!

AUGUST 10-14: INTELLECTUAL WELLNESS

This week, we'll have you put on your thinking caps for a week of discovery through innovation, creativity, and exploring how and why things happen. What goes into making a game? Who in history has created a lasting impact on the lives of women today? How does your daily routine stifle or allow the learning of new knowledge?

AUGUST 17-21: PHYSICAL WELLNESS

A healthy outside starts with the inside. This week, we'll focus on how eating, moving, sleeping, and relaxing are the 4 core principles to achieving your best self.

