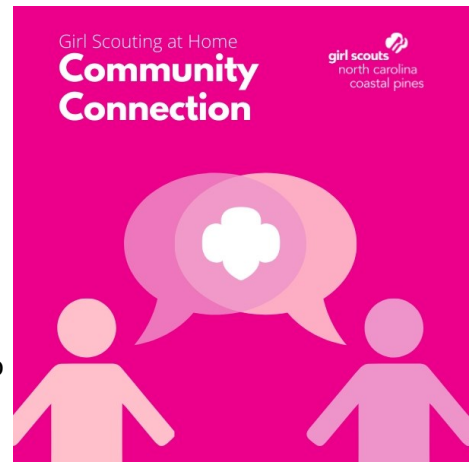


Community Connection

Girl Scouts North Carolina Coastal Pines invites girls, families, and volunteers to stay involved while at home. We know that today's girl is ready to pivot on a moment's notice and is willing to embrace new ways to explore Girl Scouting. That's why we're promoting these options for engaging with us while you're at home today ... or any day!

COMMUNITY CONNECTION encourages Girl Scouts to continue to maintain a connection with their community. Each Monday we'll share ways for you to engage with your community by learning about, connecting with, and leaning into the community around you. Join the conversation online.

#OurGSNCCPCommunity



Investigate Spiritual Health

To be healthy means more than just not being sick. It requires a balance of physical, mental, social, and spiritual health. Spiritual health is seeking meaning in your life, living a purposeful life, and finding happiness within. It is often found when we connect with others and take action to make the world a better place. How do we maintain our spiritual health when we can't be around people other than our family?

Connect

- Is your worship community, or the local or national organization of your faith, offering online services? If so, log in to join them. Your family could also explore other worship opportunities—either within or outside of your denomination.
- Does your spiritual/worship community have online youth activities? Take advantage of these so you can stay connected to other kids from the community!

Discover

Girl Scouts offers two ways to explore and improve your spiritual health. Earning one—or both—would be a great way to develop your spiritual health!



• My Promise, My Faith Award

This award can be earned every year, and will help you see how the Girl Scout Law and your faith are connected, and how to strengthen that connection. You can find information about how to earn this award in the Girls Guide to Girl Scouting, or you can see the requirements here: [GSUSA My Promise, My Faith](#)



• Religious Recognitions



These awards reinforce many of the values that are at the heart of Girl Scouting and can help you to learn more about your chosen faith and to grow stronger in it. Religious recognitions are earned by individual girls, since it is developed by your religious organization. You may work on these awards with other members of your church, synagogue, mosque, or other house of worship. Each religious organization develops and administers its own program. There are 29 different religions that offer recognitions, and most have 2-4 levels of awards based on a girl's age.

You can find the list of awards here: [To Serve God](#). If your faith isn't on this list, contact your house of worship or local leadership to see what kind of youth recognitions they have. You can go to [P.R.A.Y. – GSUSA](#) to find the information you need to earn these recognitions. This year, P.R.A.Y. is permitting girls to take more time to complete their recognition. If you start your religious recognition during Spring 2020, based on your current grade, you will have until **December 31, 2020 to complete the program and earn the award.**

Community Connection

Reach Out

Improve your own spiritual health by helping someone else!

- [Send a card](#) or make a call. Connect with someone who is isolated—it's good for both of you!
- Give to those in need. Food banks, animal shelters, and other organizations that rely on donations will always be grateful for gifts of food or supplies.

Perform a spiritual check-up

Just like you go to the doctor every year for a physical check-up, you should have a regular spiritual check-up. What parts of your spiritual life are healthy? Are there parts that could be better?

- Make a list of ways you can help your spiritual health grow
- Make a commitment to a regular spiritual experience. Examples are attending weekly online services, writing a daily prayer journal, or donating food every week to a local food bank – whatever works best for you!
- Start with one thing and grow from there. The commitment you make may lead you to other experiences.

Limit screen time

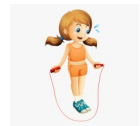
- Take breaks from watching, reading, or listening to news stories – including on social media.
- Spend twice as much time away from your screen as you spend on it. For every 15 minutes on screen, spend 30 minutes off. (This doesn't include the time you spend online for school!)
- Pay attention to what you're spending your time on. Give more time to things that bring you happiness, encouragement, or peace. Avoid things that give you anxiety or fear.



Take care of your body and mind

Your spiritual health is connected to your physical and emotional health. Stress can be hard on all three. Taking care of your physical health can help keep you emotionally and spiritually healthy.

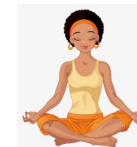
- Try to follow a daily routine – get up and go to bed around the same time, eat meals at regular times, do schoolwork on a set schedule
- Take deep breaths, stretch, or meditate
- Try to eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep



Take 20 minutes to renew your spirit every day

Spend 20 minutes every day doing something that feeds your spiritual energy. Anything that lets you take a break from worry or work can nourish your spirit.

- Meditate, pray, or read a sacred text
- Dance or do yoga
- Write in a journal
- Take a walk in nature



Before going online, all girls and caregivers should complete the Internet Safety Pledge found here:

<https://www.girlscouts.org/en/help/help/internet-safety-pledge.html>

Need a copy of a Journey, badge requirements or want to order patches? While our shops are closed, please feel free to [shop online](#) or [email](#) us for merchandise needs. We will provide free shipping within in our council footprint on orders emailed to us (please provide phone number in email so we can call you for payment details).

Questions? programteam@nccoastalpines.org

www.nccoastalpines.org