

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!

LIFE SKILLS, ENTREPRENEURSHIP & FINANCE

shares activities, tips, and tricks each Wednesday for developing the skills necessary to prepare her to do amazing things for herself and her community, and grow into the incredible woman she's destined to become.

Join the conversation online. **#OurGSNCCPCommunity**



Celebrate Earth Day with Yoga!!

Connect your mind and body to our Earth by watching and participating in Earth Day Yoga with [Little Guru Kids Yoga](#) today!

Ever wonder what Yoga is all about? In this activity, you will learn more about yoga and practice some awesome techniques that are related to the Earth!

- ◇ Learn what a singing bowl is!
- ◇ Play a Yoga Tree Game!
- ◇ Practice your Breathing!
- ◇ Learn what a Sun Salutation is!
- ◇ Learn Yoga Poses!
- ◇ Relax with Savasana!

To view this Virtual Yoga Earth Day, please click [HERE](#) for the video!



Check it out and give a LIKE to [Little Guru Kids Yoga on Facebook](#)! A big **THANK YOU** to Jen for taking the time to provide this special Earth Day Yoga Video for our Girl Scouts!! They have more virtual Yoga videos to check out if you enjoyed this activity!
#OurGSNCCPCommunity

Badges by Level

Daisy

What did you earn? By doing this activity you started Step 1 of the Daisy Journey: Between Earth and Sky.

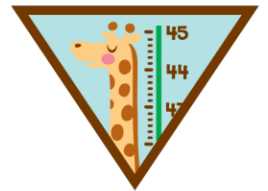
Like this activity? See if you can complete the rest of the Journey on your own!



Brownie

What did you earn? By doing this activity you completed Step 2 of the My Best Self badge!

Like this activity? Try to complete the rest of this badge on your own!



Junior

What did you earn? By doing this activity you completed Step 1 of the Staying Fit badge!

Like this activity? Try to complete the rest of this badge on your own!



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).