

# GIRL SCOUTS UNPLUGGED



## Yoga

Learn about the ancient practice of Yoga. Yoga has been shown to benefit physical and mental health. It also covers various branches of wellbeing like mindfulness, kindness to yourself and kindness to others. Yoga can help increase concentration and help you live a happier, healthier life! Let's learn how yoga impacts all aspect of our life and earn your Yoga patch! As you go, take photos of your Yoga Journey and submit them to [online@girlscoutsdiamonds.org](mailto:online@girlscoutsdiamonds.org).

### All Girl Scouts levels should complete requirements 1, 2, 5, 8 and 10.

- Girl Scouts Daisies: Complete one additional requirement of their choice.
- Girl Scouts Brownies: Complete two additional requirements of their choice.
- Girl Scouts Juniors: Complete three additional requirements of their choice.
- Girl Scouts Cadette, Senior and Ambassadors: Complete four additional requirements of their choice.

#### 1. Research Yoga (required)

There are thousands of books and countless websites dedicated to teaching the purposes, history and practice of yoga. Write down 3 things you learned.

#### 2. Practice Yoga – Poses (required)

Either attend a class or practice yoga with the guidance of a book or instructor online. Try to remember 3 poses! Practice these 3 poses daily and notice how they make you feel.

#### 3. Share What You've Learned

When you've mastered your poses, share them with at least one friend.

#### 4. Practice Yoga – Breathing

Research different types of breathing used in yoga practices. Find one that you enjoy and practice it every day for a week. Write down how it makes you feel, emotionally and/or physically.

#### 5. Practice Yoga – Mindfulness (required)

It is important for us to learn how to enjoy life in the moment. What does mindfulness mean? Have you ever caught yourself thinking about your to-do list instead of enjoying time with friends or the movie you are watching? Mindfulness is when we focus on the present moment without worry of the past or present. You become aware of your senses, notice the environment around you and quiet your mind. One way to develop mindfulness is by practicing meditation. Find a quiet spot and practice doing nothing! Sit still, close your eyes and listen to your own breath. Notice your heart beating. How does this make you feel? Try to incorporate mindfulness, noticing the moment you are in, living in the present at least once a day for a week.

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## **6. Nutrition**

Yoga focuses so much on your bodies health it is important to support your body with what you eat and drink. Start small. Try to drink more water each day for a week. Maybe this means substituting a sugary drink for an extra water once a day. Notice if this makes you feel any better.

## **8. Good Deeds** (required)

This can be as big or as small as you would like!  
Do something that makes someone else happy.

## **10. Reflect** (required)

Now that you have had an introduction to yoga, what did you think? What are a few things you learned that you previously didn't know? Are there ways you can use yoga in your day-to-day life? Would you be willing to share yoga with a friend? Journal your experience and share your findings with a friend.

## **7. Finding Joy**

Another part of yoga and mindfulness is finding joy. Every day for a week write down 3 things that made you smile that day. Even on tough days, do your best to look for the happy moments that bring you joy.

## **9. Environment**

It is important to connect to the environment around us as we practice yoga. So we should be taking care of the earth around us! Take a few hours to honor mother nature. This may mean picking up litter, planting a tree or maybe starting your own wildflower garden.