

WONDER PATCH PROGRAM GUIDE



The Wonder Patch Program invites Girl Scouts on a vibrant journey of discovery. Through creative, mindful, and age-appropriate activities, you'll explore how to nourish yourself, your family, community, and the world around you.

Brought to you by The Well in partnership with the Girl Scouts of Western Ohio Council Patch Program, this adventure sparks curiosity and meaningful connection at every step.

When you complete all the activities for your age group, visit our [store](#) to order your Wonder Patch, a symbol of growth and exploration.

All the materials needed to begin this journey are waiting for you in [The Well's Wonder Patch Portal](#).

Let the wonder begin!

1

**Complete all activities
for your age group.**

[VISIT PORTAL](#)

2

**Visit our store to claim
your Wonder Patch**

[CLAIM PATCH](#)

ABOUT THE WELL

The Well is nourished by the non-profit organization A Mindful Moment. Our mission is to improve the mental and emotional well-being, connectedness, and effectiveness of all citizens through arts integration, mindfulness, music, movement, and healing-centered practices.



For more information, scan to visit the
WONDER PATCH PORTAL

**DAISIES &
BROWNIES**

**JUNIORS &
CADETTES**

**SENIORS &
AMBASSADORS**

NOURISH YOURSELF

Everyday for one week, complete the following:

Listen or watch the Wonder Meditation

Journal what you wonder about.

Play outside, cloud watch, or spend time in the sunshine.

Set an intention for the day ahead.

3 sun salutations.

NOURISH YOUR FAMILY

Create a galaxy with your family! Use one large sheet of paper and any art supplies you wish to make your own galaxy that represents what you all love most about one another. Does your family like donuts? Make a donut planet! Don't forget to name your galaxy and email us a picture to Stacy@TheWell.World.

Go on a nature walk with your family.

Write your own meditation or use the Nature Wonder Meditation. Sit in a circle with your family and read them the meditation. After, discuss what you noticed using your 5 senses (sight, sound, touch, smell, taste.)

NOURISH YOUR COMMUNITY

What do you wonder about space? Fill out the "I wonder..." poem by asking neighbors, teachers, friends, or your troop members what they wonder about.

Attend a local arts performance, museum or festival with a friend or family member.

Lead younger troop members in the circle movement activity.

NOURISH THE WORLD

Plant a tree or flower or vegetable, etc. with your family or spend time at a local community garden center.

Clean up a local park or playground.

Research local nonprofit organizations and volunteer at one of their events.