



## Discussion Guide

### Episode 8: Healthy Self, Healthy Planet | 10/15/20

What's good, girl gang? This week's episode of G-Team TV is all about how to take care of your body, mind, and spirit, so you're ready to take on the world! The ways we take care of our bodies, like how we eat, move, and sleep, as well as how we take care of our minds, like through journaling, meditating, and taking breaks, have an effect on the energy we have to take care of others and the planet. So how is your self-care connected to caring for the planet? Use some of the questions below to explore this topic!

#### General Questions

- What do you see as the connection between taking care of ourselves, physically and mentally, and taking care of others and the planet?

#### Mind and Body: Tips to Have a Great Day

- Mary Lara talked about the importance of sleep. How much sleep do you get? Do you put sleep before other activities, like homework or sports?
- Serena and Mary Lara showed different ways that they enjoy moving their bodies, like through yoga or dance. What's your favorite way to move your body?
- **Hint:** If you're using this guide with your troop or other girls, now might be a great time to pause the conversation for a dance break! Put on your favorite tunes and let loose!
- Mary avoids stress by preparing for her day the night before. Have you ever tried that? What are some things you could do the night before to prepare for a great day?
- If you were making this segment, what tips would you share with other girls for taking care of their minds, bodies, and spirits?

#### Interview: Maddie G., Climate Activist

- Maddie talked about how she has fun while fighting for the planet, whether she's dressing up or working on campaigns with her friends. What are some ways you can combine fun with an issue you care about?
- Why is it important and valuable to find fun and joy, even when working on something that can be difficult or depressing, like climate advocacy?
- Maddie describes how powerful and important her community of girl activists is, even when they don't always agree. Why do you think it's important to be part of a community, even when it can also be challenging?
- Maddie's advice to girls was to know that "you are capable of so much more than you think you are." What does that mean to you, and what's something you would try if you took this statement to heart?

#### Take It Further!

- Try Mary Lara's breakfast smoothie: simply blend blueberries, a banana, some spinach, a dollop of vanilla yogurt, a splash of milk, and a little honey for a tasty breakfast or snack to sip throughout the day!
- Are you ready to take on the world like Maddie? Get started with videos on Girl Scouts at Home for your Girl Scout [Bronze](#), [Silver](#), or [Gold](#) Award.
- Do you have thoughts and opinions about G-Team TV? [Let us know in our short survey!](#)