

Feel Good About Yourself Week

Girls of all levels can earn the *Feel Good About Yourself* fun patch by doing fun activities that will boost her self-confidence and help her feel GREAT about herself!



Check out one of our feel good activities, or find your own activity to boost your self-confidence:

- Create truth cards
- Create a jar of positive affirmations
- Do an activity (or more!) from the Self-Love Scavenger Hunt
- Make your own [SHERO Cape](#)
- Feel Good About Yourself [Pinterest Board](#)

Want to share what you're doing to feel good about yourself? Email mmyers@girlscoutssoaz.org and we will share your photo on our social media!

The *Feel Good About Yourself* patch can be purchased in the shop when we are open to the public again.