

GAME VISIONARY BADGE PART II

WITH THIS BADGE WE WILL HAVE FUN PLAYING
AND INVENTING GAMES FOR YOURSELF AND OTHERS!



STEPS



BREAK THE ICE!



**IMAGINE THE
WORLD'S A BOARD**



**CREATE A PHYSICAL
CHALLENGE (THIS
WEEK)**



**GET PUZZLED! (THIS
WEEK)**

STEP 2: CREATE A PHYSICAL CHALLENGE

PART 1 – TRY A VIRTUAL WELLNESS CLASS!

Sometimes it can be challenging to find the motivation to move when you're stuck at home! Below are some links to some fun solo fitness classes. Choose one or more and try it! For some, you might need a mat, but for others you won't need any equipment. If you struggle with certain movements, try a guided meditation!

Yoga with Adriene

<https://www.youtube.com/watch?v=dF7O6-Qablo>

20-Minute Full Body At Home Workout

<https://www.youtube.com/watch?v=oKfNUOWuZV8>

Guided Meditation

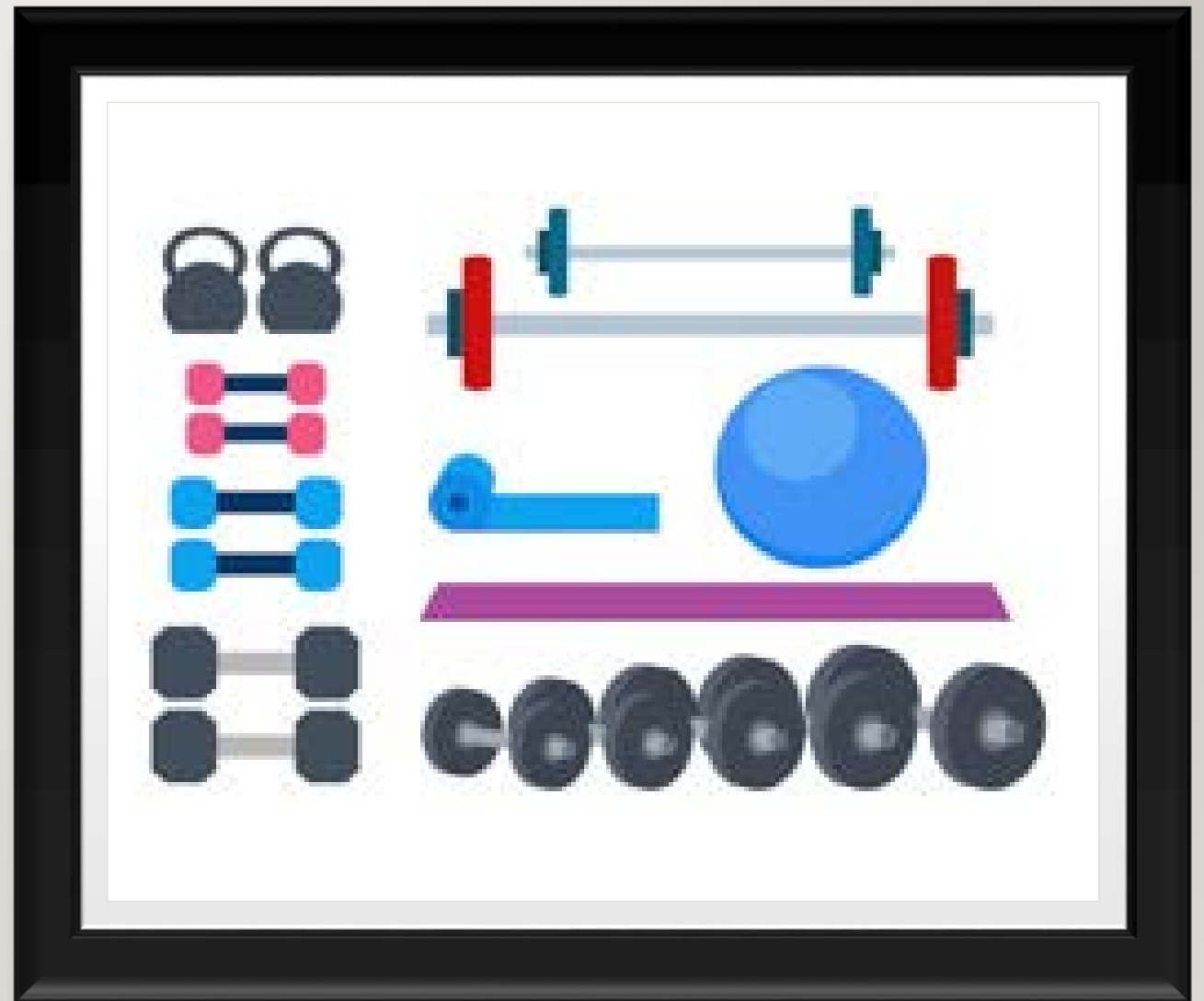
<https://www.youtube.com/watch?v=8YDd8Wgjj28>



STEP 2: CREATE A PHYSICAL CHALLENGE

PART 2 – CREATE YOUR OWN!

Come up with an idea for your own wellness class. Think about the class you chose for Step 1. What did you enjoy about it? What did you dislike? Use this information to formulate your idea. Would you like cat yoga? An obstacle course? If you'd like you can even write down your idea and try it yourself or share it virtually with friends or family!





STEP 4: GET PUZZLED



There are so many benefits to completing a puzzle. Just to name a few, completing puzzles improve memory, build problem-solving skills, lower stress, ability to reason, and so much more.

During this Step you will have two options! Pick one option from below and move on to Step 5!

1. Go to this website linked below and complete 2 jigsaw puzzles, you can complete these puzzles with a family member or tackle the puzzles on your own!

<https://www.jigsawplanet.com/>

2. Create your own puzzle on this website, <https://puzzel.org/en/>, and send it to a girl scout in your troop or ask someone at home to complete your puzzle. Have Fun!



**GREAT JOB SENIORS! YOU HAVE
COMPLETED THE GAME
VISIONARY BADGE! WE WILL
START A NEW BADGE NEXT WEEK.**

KEEP UP THE GOOD WORK!