



Samantha Shockness

Mindfulness Where it Matters

Recognizing the pressures young girls face, including academic stress, social expectations, and technology overload, Samantha led interactive workshops to equip Girl Scouts with essential stress management tools to build resilience. Through activities like guided meditation, breathing exercises, yoga, and journaling, Samantha created a supportive space where participants could explore mindfulness techniques to improve their well-being. She also led group discussions where girls could share their feelings and learn lessons on self-care and positive habits. Her project impacted over 20 Girl Scouts in Scottsdale, with pre and post-assessments showing significant improvements in emotional awareness, stress management, and self-esteem. Samantha has been a Girl Scout for 13 years and is a student at Desert Mountain High School. She plans to attend the United States Air Force Academy and study political science in preparation for a career as a pilot.

