



# one heart

## GIRL SCOUTS HEART OF THE SOUTH

### Helpful hints for helping your Girl Scout with One Heart Principles

#### KINDNESS

One of the most important steps in teaching kindness is making sure kids know what kindness means, and it's a step too often overlooked. So, take time to define the virtue.

You might say, "Kindness means you are concerned about other people. Kind people think about another person's feelings and not just their own, they help someone who is in need, and they are nice even when others are not. Kind people never expect anything in return. They just treat other people nicely because they want to help make someone's life better. Kindness makes the world a nicer place, because it makes people happier. And it's a virtue I want you to always use."

Consider making and hanging up poster that lists or depicts kind deeds your family can do for one another. It will serve as a constant reminder of simple ways to make the world a little better.

#### COMPASSION

Teaching children what compassion means is simple. It's defined as the desire to help someone who's in distress. Compassion, in other words, is a feeling and an act, and the best way to teach it is to put it into action. If you want your Girl Scout to grow into a compassionate young adult, start teaching her compassion early. Building compassion is like building muscles. Children who participate in programs that teach kindness, respect, empathy, and compassion and who have families that reinforce those strengths at home develop the muscles they need to become civically engaged adolescents and adults. Putting compassion into practice early on can set a precedent that lasts.

The best way to teach a girl how to be compassionate is to show her how to volunteer. Giving to others should be just as natural as providing for themselves. Girls need to learn the importance of giving back by volunteering in their community. They donate clothing, clean up the local park, visit nursing homes, and more. Hands-on experience makes volunteering more personal and instills in them the desire to help others.



#### TEAMWORK

##### Common Ground and Understanding

The ability to work together with others as part of a team is not simply a skill needed at school or in Girl Scouts, it is a vital skill used in all areas of life. Why does it matter?

Teamwork requires people to work together with others towards a shared purpose. For a team to work together effectively, it takes all members of the team to respect each other's abilities and opinions. Teamwork is a highly social activity and involves much interaction and exchanging of ideas and actions. Working as part of a team will strengthen your Girl Scout's social and emotional skills, help develop their communication skills, and can improve confidence.

- Talk with her about how it can feel great to be part of a team, but if a child is excluded from a team it can be an upsetting experience. Make sure your child understands this and does not exclude others.
- Teamwork can often inspire competitiveness with other teams – especially in physical activities. Encourage your child to be a good sportsman and a team-player.
- Have Girl Scouts work together on a project during troop meetings – it could be anything from a collective art project to performing a play. Encourage every child to decide on a role in the team.
- Board games can inspire teamwork. Whether your child is teamed up with friends, siblings, parents, or grandparents, it can be a fun time for young and old to play together. Make sure no one gets too competitive though!

Be sure that you lead by example as well. To show her how important these principles are, join her in signing the One Heart Pledge. Living the One Heart principles will help your Girl Scout build courage, confidence, and the character to make her world a better place.