

Kindness Patch Program



Within the smallest acts of kindness is the power to change the world for the better. Every day is an opportunity to do a good deed. Just imagine what acting on those good deeds could do for yourself, your friends, family, and community!

In collaboration with the non-profit organization **Think Kindness** we've created the **Kindness Patch Program** – a fun opportunity to explore the joys of doing good things and become a Kindness Champion! This program is open to Girl Scouts of all ages and consists of five engaging steps. By the end, you will have made your community a better place and inspired others to join the kindness mission.

Let's get started!

Steps:

1. Learn and Explore
2. Make a Change
3. Get Connected with Think Kindness
4. Become an Advocate
5. Share your Experience

Step One: Learn and Explore

Within every person is an ability to give and receive. Whether it be a small act of kindness, like writing a thank you note, or a bigger act, like adopting an unwanted puppy. Compassion and generosity is the cornerstones of humanity. As you start this program, think about all of the ways kindness touches your life.



1. First, have a conversation with your troop, family, or friends about acts of kindness you've noticed and the effects they have. Here are some prompts to get you started:
 1. Tell a story of your favorite memory that involves kindness.
 2. Describe the feelings you get from being kind or witnessing a kind act.
 3. What is kindness? How do we recognize it?
 4. Where do you notice more/less kindness in your life or the world? Why?
 5. Why is kindness important? Why is it important to you, to the community?
2. Next, it's time to boost your background knowledge! Grab an adult and hop online or stop by your local library and find at least one literary resource about kindness. Does this information coincide with your previous discussion? How does it compare to your thoughts so far? Is the evidence for or against kindness?
3. Now that you've brainstormed all the ways that kindness affects us and discussed why it's important, it's time to create a Kindness Journal! While you're earning this patch, grab a notebook and write, draw, or paste photos of all your experiences of kindness. Jot down the key points about what you've learned so far, your kind thoughts and ideas, observe your favorite sightings of kind acts, and most importantly, record your thoughts, feelings, and behavior as you go through this program. You may just notice your outlook becoming more positive every day!



Step Two: Make a Change

What happens when you start small and let kindness grow? What if others join in on the journey too? There is so much goodness in the world just waiting for you to bring it to the surface. So let's get going with some fun activities! Below are suggestions of kind acts for each age level. Choose from the list or create your own!

Daisy

CHOOSE ONE:

- Gardening.** Spread the beauty of greenery by planting new flowers or trees. or be kind by creating a pretty little potted plant for someone you care about.
- Building.** Be kind to the birds by building a bird house, or help a dog get cozy with a dog house. Remember to get help from an adult with this one!
- New Friendships.** Invite a new friend to play with you and notice how you both shine! This is a good experience to write about in your journal, too.
- Helping Hands.** Finish a chore around your house or classroom without being asked first. Whether it's noticed or not, it was still a kind thing to do!
- Help a Friend.** Do you know a sister Girl Scout or classmate that needs help with a badge or homework? Get in there and help them out!

Brownie

CHOOSE TWO:

- Building.** Help the birds by building a bird house, or help a dog get cozy by building a dog house. Remember to get help from an adult with this one!
- Participate.** Be kind to the environment with friends and family park clean up, or get involved in a community beach, river, or lake clean up.
- Write a Letter.** Help someone solve a problem! Write to your parent, teacher, or troop leader about a problem you've noticed and how it could be fixed.
- Volunteer.** Be kind to your community by offering your help at a homeless shelter, animal shelter, or retirement home. They'll be so happy to see you!
- Create a Poster.** Help spread kindness by creating a poster or flyer about an issue you care about and posting it up in your home or school.

Junior / Cadette

CHOOSE THREE:

- Shout Out.** Raise awareness about an issue you care about. Create a poster or flyer, facilitate a group discussion, or create and sign a pledge or petition.
- Participate.** Be kind the environment with friends and family park clean up, or get involved in a community beach, river, or lake clean up.
- Sister Scout.** Be a sister to every Girl Scout by helping a Daisy troop earn a STEM badge. Organize and work with the troop leader and watch them shine!
- Volunteer.** Be kind to your community by offering your help at a homeless shelter, animal shelter, or retirement home. They'll be so happy to see you!
- Helping Hands.** Finish a chore around your house or classroom without being asked first. Whether it's noticed or not, it was still a kind thing to do!

Senior / Ambassador

CHOOSE FOUR:

- Write a Letter.** Make your voice heard in a kind way. Write a letter to a parent, teacher, friend, or organization about an issue you care about.
- Volunteer.** Be kind to your community by offering your help at a homeless shelter, hospital, or retirement home. They'll be so happy to see you!
- Helping Hands.** Do a good deed! Help a parent, teacher, or leader by cooking dinner, planning an activity, or running a troop meeting.
- Sister Scout.** Be a sister to every Girl Scout by helping a Brownie troop earn a STEM badge. Coordinate with their troop leader and watch them shine!
- Create a Plan.** Write out a business plan or an improvement plan for a business that helps the community. Get creative and have fun with it!

Step Three: Get Connected with Think Kindness



Now that you've done some good deeds of your own, the next step is to get involved with an organization that is leading the movement. **Think Kindness** is on a mission to inspire measurable acts of kindness in schools and communities around the world. By completing the steps below, you can help to further that mission too!

1. **Get Involved.** Go to <http://thinkkindness.org/> to check out their history and ways to get involved today. Become a member, listen to a podcast, read the latest blog, or reach out to participate in their next event.
2. **Share your Experience.** Once you've chosen a way to get involved, share what you're doing with a family, friend, or sister Girl Scout. See if you can get them to participate too!
3. **Reflect on it.** With another awesome experience of kindness under your belt, it's time to review and reflect. Grab your kindness journal and draw, write, or paste in something that represents your experience with **Think Kindness**.

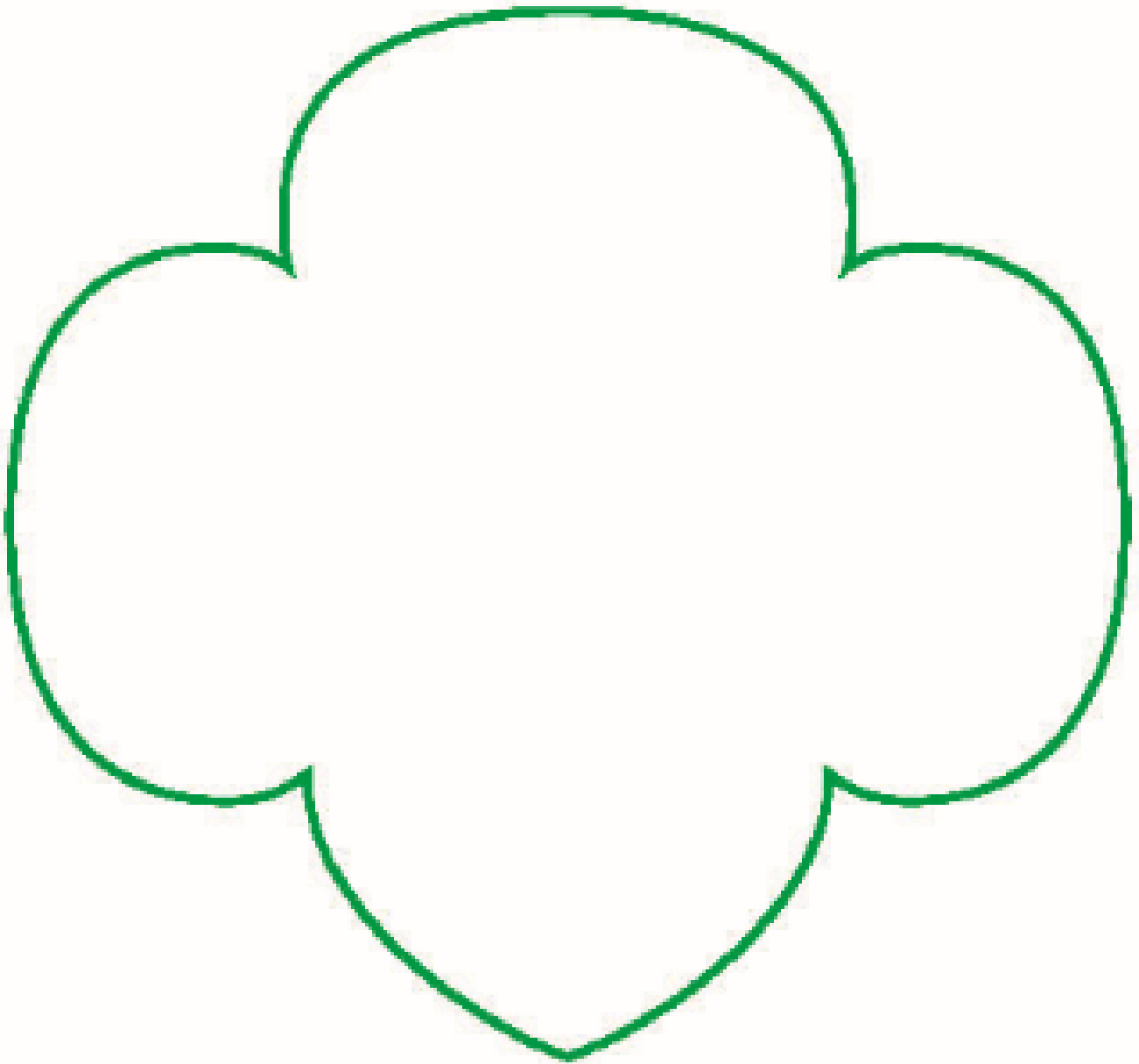


Step Four: Become an Advocate

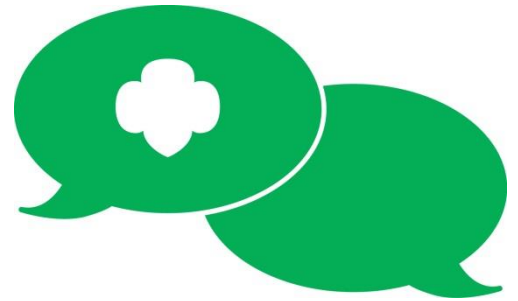
Wow, you're shaping up to be a fabulous kindness champion! Next up – becoming an advocate of the cause. An advocate is someone who influences how people do things – with the goal of doing things better. Make a promise to yourself and others to spread the kindness movement in your own way. Then, see if you can get others to do the same! Follow the steps below to get started.

1. **Brainstorm** a list of personal things that you can do to help spread kindness, then write them down in your journal. Here are some ideas to get you started:
 - Use manners like please and thank you, even for small things
 - Help out with more chores around the house or classroom
 - Do more volunteer work in the community
2. **Share** with your troop, family, or friends the kindness promise that you would like to make. Is your idea something that others can do with you? Do they have new ideas to contribute? Does your promise inspire them to become an advocate too by making a promise of their own?

3. **Choose** one of the ideas that you came up with as your kindness promise. It's important that you choose a promise you can stick to. Remember that Girl Scouts are responsible for what we say and do! A promise doesn't have to be big to make a difference – small promises can be just as important.
4. **Make it Official.** Using the Trefoil below, write down the kindness promise that you have committed to. Cut and place this trefoil somewhere you will see it every day so that you remember the promise you made to spread the kindness movement in your own way. You're officially an advocate of kindness!



Step Five: Share your Experience



You're almost done! A great advocate and champion of kindness loves to share their experiences with others. Reflect on everything you've done so far and submit a story to Girl Scouts of the Sierra Nevada. Below are the steps for making that happen!

1. **Write about it.** Talk with your troop, family, or friends about everything you've done in this program. What were your favorite parts? Have you noticed a change in your thoughts, feelings, or behavior? Now grab your kindness journal! Write or draw your conclusions about this topic and your journal will be complete!
2. **Share your Story.** Visit <http://www.gssn.org/en/our-council/story-submissions.html> to submit a brief description and photo of your experience with this patch program. We love to share the fun and inspiring things that local Girl Scouts like you are doing!

You Made It!

Congratulations! You have completed the Kindness Patch Program. We hope that you have been inspired to incorporate kindness in your day to day activities. Practicing this important social skill will not only enhance your life, but every life around you. So keep up your kind habits and keep on inspiring others to do the same!

Now that you've completed the program, grab your parent or guardian and visit https://gssn.formstack.com/forms/kindness_patch_program_survey_2 to fill out a brief survey to share feedback on your experience and request your official Girl Scouts of the Sierra Nevada Kindness patch!



Girl Scouts of the Sierra Nevada
605 Washington Street
Reno, NV 89503
(775) 322-0642
girlscoutshelp@gssn.org
www.gssn.org