

## Girl Scout Birthday Week Council Patch Program

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The activities in this council patch program have been inspired by a combination of many different facets of the Girl Scout organization, including: the celebration of Girl Scout Week, GSUSA program, Girl Scouts- North Carolina Coastal Pines' Spirit Week, and other Girl Scout traditions. The variety of activities will encourage all Girl Scouts, no matter their interest or age level to participate.

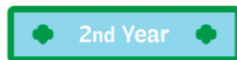
This council patch program should be used to encourage Girl Scouts of all grade levels to observe the significance of Girl Scout Week, Girl Scout traditions, and to help them demonstrate pride in being a member of the world's largest organization for girls.

**The Girl Scout Birthday Week Patch Program was originally developed by Girl Scout Troop #1797. Girl Scouts – North Carolina Coastal Pines thanks troop 1797 for the original activity content. Over time these activities have been added to and updated to complement the Spirit Week theme.**

The Girl Scout Birthday on March 12<sup>th</sup> commemorates the day in 1912 when Juliette “Daisy” Gordon Low officially registered the organization’s first 18 members in Savannah, Georgia. Along with Daisy, these first Girl Scouts blazed trails and redefined what was possible for themselves and for girls everywhere. The long history of Girl Scouting has inspired millions of girls and women to gain courage, confidence and character, while making the world a better place.



Girl Scouts can complete the Girl Scout Birthday Week patch program each year. Those participating in the **Girl Scout Birthday Week** patch program for the first time will earn the original Girl Scout Birthday Week patch pictured here.



Second year participants will earn a **second-year rocker** and so on. Additional rockers are placed under the Girl Scout Birthday Week patch.

To earn the **Girl Scout Birthday Week** patch, the following requirements must be met:

Girl Scout Level	Discover	Connect	Take Action	Spirit Week Activities	Total Activities
Daisies	1	1	1	2	5
Brownies	2	2	2	3	9
Juniors	2	2	2	3	9
Cadettes	3	3	3	3	12
Seniors	3	3	3	3	12
Ambassadors	3	3	3	3	12

## **DISCOVER:**

- Reflect on the Girl Scout Law. Journal about ways you can practice the Law throughout the year.
- Get outside. Explore a new park or just take a walk.
- Do an experiment. Check out the [Girl Scouting at Home](#) STEM resources.
- Learn a new Girl Scout [song](#).
- Rock your Girl Scout pride by wearing your favorite Girl Scout merch to school during Spirit Week. [Need something new](#), just reach out to the retail team at [shop@nccoastalpines.org](mailto:shop@nccoastalpines.org).
- Explore your artistic side. Dive into the [Girl Scout Way badge](#) activities shared in Girl Scouting at Home, where you can express yourself through song, art, celebration and writing.
- Learn the birthday song in another language.
- Explore how to earn your [My Promise, My Faith](#) pin.
- Research the religious recognitions that can be earned by Girl Scouts. With the help of your family, visit the [Girl Scouts and Faith](#) website for more information.
- Think of a problem in your community or in the world. What are some creative ways to take action and address the issue? Write them down.
- Learn how an object (examples: lipstick, iPhone, camera) is made, ask an expert or watch a video.

- The [World Association of Girl Guides and Girl Scouts](#) (WAGGGS) reaches 10 million girls and young women in 150 countries across five regions. Visit the World Association of Girl Guides and Girl Scouts (WAGGGS) website to learn more. Then check out the [Girl Scouting at Home](#) post for information on the World Centers.
- Broaden your view of the world and understanding of others by reading a book from the suggested reading list for the [Thrive Book Series](#). Don't forget to [order](#) your Thrive Book Series patch for participating.



## CONNECT:

- With the help of your troop or friends, plan a Girl Scout birthday party with cake, games, and other Girl Scout traditions. How can everyone be involved in carrying out the party plans?
- Research how other cultures celebrate birthdays. Can you incorporate your findings into your Girl Scout Birthday Week celebration?
- Bring the Girl Scout Birthday Week celebration home. Decorate the dinner table with homemade decorations and talk about the importance of the Girl Scout birthday with your family.
- Join your Girl Scout sisters in honoring those who have supported you on your Girl Scout journey with a shout out of appreciation. By sending a shout out you are participating in GS-NCCP's council-wide community service project, "[Honoring Everyday Changemakers](#)". Once you honor someone, submit a photo and story of how you honored them for the [Thrive Art Show](#) and then purchase your [Thrive Art Show patch](#).
- Make a poster of your favorite Juliette Gordon Low quote and share with your troop or family.
- Invite a friend who is not a Girl Scout to attend your next meeting or outing.
- Accept the challenge! Learn about different people, cultures, customs, and more by completing the [Thrive Challenge](#). Don't forget to [order](#) your Thrive Challenge patch.
- Interview a courageous woman. See the [Resource Section](#) for interview question ideas.
- Make a SWAP or craft about Juliette Gordon Low or other parts of Girl Scout history. Recruit a Girl Scout sister to do the same. Swap with her!
- Provide your place of worship with Girl Scout material to share during weekly services.
- If you've identified an issue in your community, enlist the help of your Girl Scouts sisters or your Girl Scout network to broaden your reach. Connect with these people to see how they can support you as you Take Action to solve a community issue.
- Learn a new game and teach it to your friends or another Girl Scout troop.



## TAKE ACTION:

- Attend your place of worship and offer a greeting or perform a service.
- Complete GS-NCCP's [Diversity, Equity, Inclusion](#) council patch program for your Girl Scout level. Don't forget to [order](#) your Diversity / Equity / Inclusion patch.
- Do a good deed for someone in your family.
- There are several things you can do to ensure you're taking good care of yourself both physically and mentally. Are you getting enough sleep, practicing mindfulness, exercising regularly, scheduling time to connect with family/friends, and doing things that make you happy? That's great! Each of these things and more can contribute to overall wellbeing and support girls on their road to healing. Connect with other Girl Scouts by sharing what you're doing! Click [here](#) to share your tips with fellow Girl Scouts. This also completes the [How Do You Thrive?](#) patch, so don't forget to [purchase](#) it! Remember to follow us on social media, as we'll feature several of these tips there.
- Clean up your community by picking up trash at a local park, hiking trail, or waterway.

- You've identified an issue in your community, mobilized your Girl Scout network, and now it's time to Take Action. You've got a plan, so put it in action. You go Girl Scout!
- Boost your mental health by completing the [Resilient. Ready. Strong.](#) patch program.
- With help of an adult (if needed), find and make a recipe from another country. Consider hosting a dinner for your family and sharing information about the country, culture, and cuisine.
- Bake cupcakes or cookies and give them to your family or neighbors. When you deliver the goodies, tell them about the Girl Scout birthday and share a Girl Scout story.
- Make bedtime bags or birthday boxes for homeless shelters or foster homes. See the [Resource Section](#) for instructions.
- Donate your old books to a library, canned goods to the shelter, or clothing to a charity.
- Plant a pollinator garden to help save honeybees. See the [Resource Section](#) for planting ideas.
- Make your own pet toys and give them to a shelter. See the [Resource Section](#) for ideas.

## 2022 SPIRIT WEEK

2022 Spirit Week Theme: <b>Restrengthen</b>
Sunday, March 6 <sup>th</sup> • Girl Scout Sunday
Monday, March 7 <sup>th</sup> • Restrengthen Your Sisterhood
Tuesday, March 8 <sup>th</sup> • Restrengthen Traditions
Wednesday, March 9 <sup>th</sup> • Restrengthen Healthy Habits
Thursday, March 10 <sup>th</sup> • Restrengthen Commitment to Change
Friday, March 11 <sup>th</sup> • Girl Scout Jummah & Girl Scout Sabbath / Shabbat
Saturday, March 12 <sup>th</sup> • Girl Scout Birthday & Girl Scout Sabbath / Shabbat

***Read on for ideas on how to observe Spirit Week. Follow us on social media and share your stories. Check us out on [Facebook](#) and [Instagram](#) or use our story submission [form](#). Remember, it's your week! Celebrate in true Girl Scout fashion by keeping it girl led.***

### **Sunday, March 6<sup>th</sup> Girl Scout Sunday**

- Restrengthen the Girl Scouts and faith partner relationship by celebrating with your faith community.
  - Wear your uniform to your place of worship
  - Earn My Promise, My Faith
  - Attend your place of worship and offer a greeting or perform a service.
  - Share Girl Scout Sunday experience with us!

### **Monday, March 7<sup>th</sup> Restrengthen Your Sisterhood**

- You're part of the Girl Scout sisterhood, rock your Girl Scout spirit!
  - Learn about our global sisterhood – World Association of Girl Guides and Girl Scouts
  - We're stronger together. Expand the sisterhood by inviting a friend.
  - Learn about the diversity our sisterhood by participating in the [Building Beyond Today](#) programs.
  - [Share](#) your sisterhood stories with us!

### **Tuesday, March 8<sup>th</sup> Restrengthen Traditions**

- Invest time learning about and practicing the Girl Scout traditions that unify and strengthen our Movement.
  - Put the Girl Scout Law into action.
  - Sing the songs that Girl Scouts know and love, like Make New Friends.
  - Learn our Girl Scout history.
  - Share your songs and favorite Girl Scout memories / traditions with us.

### **Wednesday, March 9<sup>th</sup> Restrengthen Healthy Habits**

- Incorporate mindfulness, resilience, and relaxation into your day.
  - Boost your mental health by completing the [Resilient. Ready. Strong.](#) patch program.
  - Unwind with a book from the [Thrive Book Series](#) suggested reading list.
  - Learn about physical fitness, nutrition and overall wellness by completing the [Make Every Step Count](#) patch program.
  - What are you doing to ensure that you are thriving both mentally and physically? [Share](#) your tips for how you thrive! Then snag the [“How Do You Thrive” patch](#) for sharing.

### **Thursday, March 10<sup>th</sup> Restrengthen Commitment to Change**

- Girl Scouts are changemakers who can do anything. You got this, Girl Scout!
  - Advocate by speaking up for something or someone.
  - Complete the [Thrive Challenge](#) to help create a community for all girls to thrive.
  - Team up to carry out community service projects.
  - Participate in GS-NCCP’s council-wide community service project by giving a shout out to those who have helped you throughout your Girl Scout journey and show them how much you appreciate them. [Submit](#) your shout out to the Thrive Art Show.

### **Friday, March 11<sup>th</sup> Girl Scout Jummah**

- Girl Scout Jummah
  - Wear your uniform to your place of worship
  - Earn My Promise, My Faith
  - Attend your place of worship and offer a greeting or perform a service.
  - Purchase the Girl Scout Jummah [patch](#).
  - Share Girl Scout Jummah experience with us!

### **Saturday, March 12<sup>th</sup> Girl Scout Birthday**

- Celebrate the Girl Scout birthday
  - How will you celebrate the Girl Scout birthday? Share your celebration with us!
  - Complete the [Girl Scout Birthday Week](#) patch program.

### **Friday, March 11<sup>th</sup> & Saturday, March 12<sup>th</sup> Girl Scout Sabbath / Shabbat**

- Celebrate Girl Scouts with your faith community
  - Wear your uniform to your place of worship
  - Earn My Promise, My Faith
  - Attend your place of worship and offer a greeting or perform a service.
  - Purchase the Girl Scout Sabbath [patch](#).
  - Share Girl Scout Sabbath / Shabbat experience with us!

Girl Scout Sunday, Sabbath/Shabbat, and Jummah give girls an opportunity to attend their place of worship and be recognized as Girl Scouts. If a place of worship is the group sponsor, girls may perform a service, such as greeting, ushering, or doing a flag ceremony. These days can also be a time when girls explore other faiths. Girl Scout Week faith observances can be celebrated by any faith group. For celebration resources and additional information on Girl Scouts and Faith, click [here](#).

## RESOURCE SECTION

### Courageous Women Interview Questions

1. Who was your female role model growing up?
2. What does 'be a leader' mean to you?
3. How do you define courage?
4. Who is a courageous female you admire?
5. How does one become courageous?
6. How have you overcome challenges in your life?
7. What advice would you give yourself at my age?
8. When was a time that you felt courageous?

You can always add more or use your own questions; these are just suggestions.

### Pollinator Gardens

One of the most important ways you can help pollinators is by planting plants that provide pollen and nectar. Check out these pollinator garden resources:

These [lesson plans](#) were designed for 4<sup>th</sup> – 8<sup>th</sup> graders. However, with the help of your family or friends, all Girl Scouts may be able to complete this activity using these lesson plans from [kidsgardening.org](#).

[LASSO THE MOON](#) provides a great resource for planting a honeybee garden.

[David Suzuki Foundation](#) provides a wealth of information about creating a pollinator-friendly garden.

### Bedtime Bags

Bedtime bags are a great source of comfort for children transitioning into a new home, whether it be to a new foster home or a homeless shelter. Many times, the transition is very hard on children because they don't have their own toys and blankets.

Suggested items to put into a bag:

- Blanket
- Toothbrush
- Travel toothpaste
- Book
- Stuffed animal

### Birthday Boxes

Birthday boxes or bags can be donated to a homeless shelter for both children and adults because everyone deserves a birthday treat and celebration.

Suggested items to put into boxes:

- Box of cake mix
- Jar of frosting
- Disposable cake pan
- Candles
- Plates
- Napkins
- Forks

- Birthday decorations
- Small toys for kids

\*Always check with the local foster care system or homeless shelter for their needs before donating items.

## Homemade Pet Toys

These projects are a great way to help shelter animals from home.

[Dog Toys](#)

[Cat Toys](#)

\*Always check with the local shelter before making toys and donating them.

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## Place Girl Scout Birthday Week patch order and complete evaluation:

Follow this [link](#) to complete the patch program evaluation and to order patches.