

Theme: Overcoming Challenges

Dates: May 1 – July 31, 2020



What is the Girl Scout Connection?:

The Girl Scout Leadership Experience benefits girls in five important ways:

- Strong Sense of Self
- **Challenge Seeking**
- Community Problem Solving
- Positive Values
- Healthy Relationships

In Girl Scouts, girls are encouraged to take appropriate risks, try things even if they might fail, and learn from their mistakes.

When girls take on challenges they are putting into action their grit and growth mindset.

Grit – Passion and perseverance for long-term goals
Growth mindset – Believing you can improve your abilities

There are tons of resources about grit and growth mindset. Here is a short Ted Talk to get started:
https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance

Research has shown that when girls seek challenges, have grit and use a growth mindset they are happier, healthier, feel more engaged and achieve more! And, in the long run, they become successful, well-adjusted adults.

Make the Connection:

Encourage girls to try, fail and try again. Resist the temptation to step in when you see girls doing something that won't work (unless of course it's a safety issue). Let girls fail in the safe environment of your troop and then help them recover and try again!

Here are some ways to help girls seek challenges and recover from failure:

- Create a poster with different growth mindset phrases girls can use. Here's an example: <https://www.brainwaves.net/growth-mindset-posters--brain-train/>. Encourage girls to rephrase their "I can't" statements into "I'll try" statements.
- Help girls set "stretch goals" – a goal that's just a little bit further than what they can currently do. For example, sell 10 more boxes of cookies than last year.
- When a girl "fails" ask her what she gained through that experience or what small piece(s) she figured out during the attempt.
- Check out the Character Lab playbooks on grit and growth mindset for lots of activities you can do with girls: www.characterlab.org

How to Participate:

Do at least 4 of the below activities to earn the patch

To order your patch visit: <http://bit.ly/gsakpatchorder>

1. *STEM/Outdoors Patch of the Month*: Explore your backyard and beyond this summer!
<https://www.girlscoutsalaska.org/patchprogram>
2. *Girl Scouts of Alaska Virtual events*: Attend any of the council events offered during the summer:
<http://www.girlscoutsalaska.org/events>
3. *On Your Own Activities*: Do an activity with your troop or independently. Here are some ideas:
 - Is there something you've always wanted to do but haven't tried yet? Give it a try this summer! Remember, when you are trying something new, you don't have to be "good" at it. The important thing is to try your best and work to improve. And have fun!
 - Think about something you'd like to accomplish this summer - maybe you'd like to read 500 pages or hike 10 miles or make your bed every day. Set a goal & make a plan to reach it. What small steps do you need to take to reach your big goal?
 - Now is a great time to plan a Take Action or Highest Award project! Make a list of things you are interested in or care about then brainstorm some challenges associated with those things. What can you do to solve it? Ready to learn more? Check out the [Highest Award](#) or [Take Action](#) pages
 - Sometimes, even when you try really hard, you fail. And that's great! Failure can *feel* bad, but failing is a learning experience and it can be really good for us. Listen to [this episode](#) of Girl Talk from Girl Scouts River Valleys to learn all about failure. (Best for older girls & adults)
 - It takes grit (passion and perseverance) to overcome challenges, but being gritty doesn't mean trying the same thing over and over or stubbornly pursuing a goal until you are frustrated! It's normal to take breaks (even for a long time), make new plans, and rework your goals. What are some ways you can take a break and reset when you are feeling frustrated or stuck? Try going for a walk, doing a mindfulness activity, dancing your frustration out, coloring, drawing, playing game, or something else! What works best for you?
 - Start Try-It Tuesdays with your family or friends where everyone is challenged to try something new each week. You'll have a chance to have fun, learn a lot, and discover new things about yourselves as you compare notes. Plus, any "failures" could spark new ideas for innovation and improvements to the way we do things. Let the day's imperfections serve as inspiration!
 - Try a Design and Build STEM Challenge– Can you build a boat that will hold 50 pennies? How about a paper tower as tall as you? Try solving a real-world problem like [cleaning up an oil spill](#) or [filtering water](#). Whatever challenge you take on, brainstorm your solutions, then

plan, build, and test it. Solution didn't work? Redesign and try again. Looking for more activities? Try one of these from PBS' [SciGirls](#).

- Challenge yourself with an art activity! Think about an art activity you already like doing and try doing it in a new way. Love to paint? Try making your own paint out of berries, leaves, onion skins, or spices. Love photography? Try making a pinhole camera. Love dance or music? Try a new style
- Get outside and hike a little farther, camp a little longer, or paddle a little harder! Ready for more outdoor challenge? Try the [Every Girl Outdoors or Adventure Club Badges](#)! (Just make sure you are [staying safe](#) and not pushing yourself too hard)
- When things are challenging, it's easy to ignore good things that are going on. At least once a week think of 3 to 5 people or things you are grateful for. Write it down in a gratitude journal or share with a friend or family member (it's also a great way to stay connected with people!) Check out [these tips](#) from Greater Good Magazine for more ideas.
- Plan your own activity!