

Girl Scouting builds girls of courage, confidence, and character. But what is character? Learn all about it with this patch series!



A limited number of patches are available. Please call the Girl Scout shop at 907-248-2250 to check on availability prior to completing the patch.



September 2017 – What is Character?

All levels: Complete Step 1 and 2 and one activity from Step 3, Step 4, and Step 5.

Step 1: What is Character?

Girl Scouting builds girls of courage, confidence, and character. But what is character? Brainstorm some ideas and then watch one of these two videos. After watching, think or look back at your ideas. What do you think character is now? What would you like to learn more about?

<https://www.youtube.com/watch?v=S30c1k5q0uw> (for younger girls)

<http://www.letitriple.org/films/science-of-character/> (for older girls)

Step 2: What color is your character?

Everyone has a different combination of character strengths. Maybe you have a lot of gratitude but could be more curious. Or maybe you have a little bit of zest, a little bit of optimism, and a little bit of grit. Read through the [character strength traits](#) and pick the ones that sound the most like you. Do you have two or three traits in just a few colors? One trait in many colors? Create a self-portrait using only those colors, then look at the key (on the second page) to see which character strengths the colors represent. Which character strengths would you like to further develop? Create a second self-portrait using those character strength colors.

Step 3: Strengths of Mind (Pick 1) – These “thinking strengths” help keep your mind active

A. Curiosity – Make a list of 5 things you are interested in. (For example: astronomy, music, dogs, fashion, hockey). Then use a question generator like this [one](#) or draw question words out of a hat to create a question about one of your interests. Pick the most interesting questions and try to find the answer!

B. Zest – Introduce a friend, family member, or your troop to something you are enthusiastic about. Share with them why you enjoy it. Ask them to share something they are enthusiastic about too!

Step 4: Strengths of Will (Pick 1) – These “doing” strengths help you achieve your goals

A. Grit - Grit = Passion + Perseverance. A “gritty” person sticks to their goals, finishes what they start, and works hard even when they fail or feel like quitting. Interview a family member or friend about a time they had to be “gritty.” (Hint: It may be helpful to give them your questions ahead of time so they have an opportunity to think about their answers.) What goal did they set out to achieve? What challenges or struggles did they have to overcome? Did they ever feel like giving up? How did they overcome that feeling?

B. Growth Mindset – Your brain is like a muscle; the more you challenge it, the stronger it will be! Exercise your brain with this challenge – Using only one 6 inch piece of foil; build a boat that will hold pennies (or other small items such as marbles or Legos). Predict how many pennies it will hold before it sinks then test it out. After your first test, think about how many pennies you’d like your boat to hold. Set a goal and redesign your boat to try to reach it! What could you change to help you meet your goal?

C. Optimism – Optimism isn’t seeing a glass as half full or always being happy; it’s seeing possibilities for the future and knowing that challenges can be overcome. Act out a skit showing how an optimistic person and a pessimistic person might react in these situations. What might they say? What would their emotions be? How could the optimist encourage the pessimist?

-You and your best friend got in a fight

-You didn’t meet your cookie sales goal

-The hike you’re on is more difficult than you thought it would be

-You didn’t do as well on an assignment as you thought

-You didn’t get the part you wanted in the school play

Step 5: Strengths of Heart (Pick 1) – These “helping” strengths help you to relate to other people in a positive way

A. Gratitude – Keep a gratitude journal for one week (or longer!) Spend a few minutes every day writing down a few things you are grateful for.

B. Social & Emotional Intelligence – Recognizing a person’s emotions is an important skill, but it takes practice! Use [these blank faces](#) (or make your own) to draw faces representing different emotions. When you are finished, trade with a partner and guess what emotions they were trying to show. Share with your partner why you drew the faces the way you did. (Need ideas for emotions? Try <http://bit.ly/GSAKemotion>)

C. Purpose – Take Action! Start (or continue) a Take Action Project. Identify a problem you’d like to solve and brainstorm create and sustainable ways to solve it. Don’t forget to share your project at <http://www.girlscouts.org/en/for-girls/girls-changing-the-world.html>. For more information on Take Action Projects, check out the [Take Action Guide for Volunteers](#)

Bonus Activity

Celebrate Character Day on September 13. To learn more visit:

<http://www.letitripple.org/character-day/>

October 2017 – Purpose

Forms are due November 15

All levels complete Activity 1 & 2

Juniors – Ambassadors select one additional activity

Having purpose means being driven by something larger than yourself. It means setting goals that are both important to you and the world.



All levels complete Activity 1 & 2

Activity #1: Celebrate Juliette Gordon Low’s Birthday (or *Founder’s Day*) with a day of service during the month of October. There are lots of ways to give back to your community, pick something important to you and get volunteering! (Need some ideas? Check out the resource list on the last page.)

Activity #2: WOOP your way to your goals. Make a WOOP comic strip starring you! Draw yourself working through all the WOOP steps (below) and reaching your goal. Then try it in the real world.

Wish - Think of something you really want to accomplish. It should be something challenging but doable. For example, “I wish I could sell 20 more things during the Fall Product Sale this year.”

Outcome - Think of the best possible outcome that would result from accomplishing your wish How would the outcome make you feel? Let your mind go and really imagine this outcome. For example, “I would feel good about myself & I’ll have money for summer camp.”

Obstacle - Think of one personal thing that would get in the way of accomplishing your goal. For example, “I get nervous when I call people to sell.”

Plan - Make a simple plan to help you overcome your obstacle. Your plan should have one simple action. For example, “I will call the people I feel most comfortable talking to first”

(For more information on WOOP, check out <https://characterlab.org/goal-setting#>)

Juniors – Ambassadors: Pick one additional activity

Activity #3: Learn about the [highest awards](#). Which award are you eligible to earn? Attend a webinar to learn more or read through the guidelines. What do you need to do to earn your award? Brainstorm project ideas and get started! (Need some inspiration? Check out [Girl Scouts of the USA’s Map It: Girls Changing the World](#) or the [National Young Women of Distinction](#))

Activity #4: Finding a purpose can sound like a big task, but you don’t have to figure it all out right now! Start by thinking about the 3 things below then create a collage, mind-map, list, drawing, or something else to illustrate them. Do you see anywhere they might overlap? Brainstorm ways you could turn these ideas into something bigger! (Pssst! Adults, this is a great activity for you too!)

What you love to do – How would you spend your time if you could do anything you’d like?

A need – What is a problem **YOU** think really needs to be solved? It can be big or small as long as it’s important to you.

Your skills – What are you good at? What do people compliment you on? Are you good at talking to people? Organizing? Helping around the house? Knitting? Soccer? Playing charades? Think big, small, goofy, and serious.



Volunteer Resources

Several organizations have expressed interest in having volunteers this month. This list will be updated as we receive more information.

Anchorage

Organization	Name	Email/Phone	Details
Anchorage SPCA	Susi Miller	smiller@alaskaspca.org	Must be 16 years or older
Alaska Aviation Museum	Kelly Gwynn	education@alaskaairmuseum.org	Must be 12 years or older
Cyranos Theater	Schatzie Shaefers	(907) 274-2599	Organizing costumes and props
Veterans History Project	Brad Schmitz	bschmitz@citci.org	Training on Oct 20. More info available here: alaskaveterans.org/vhp

Mat-Su

Organization	Name	Email/Phone	Details
Wasilla Parks & Rec	Joan Klapperich	jklapperich@ci.wasilla.ak.us	Volunteer opportunities at the Menard Center on Halloween

Kenai

Organization	Name	Email/Phone	Details
Kenai Community Library	James Adcox	jadcox@kenai.city	Volunteers must be 12 or older
Friends of the Homer Library	Mercedes Harness	info@friendshomerlibrary.org	Looking for volunteers for the Book & Plant sale on Oct 14 & 15

Southeast

Organization	Name	Email/Phone	Details
Pioneer Home - Sitka	Becky Tremain	becky.tremain@alaska.gov	No minimum age – always looking for volunteers

Additional Ideas

- Talk with you school, church, or other community organization.
- Organize a neighborhood clean-up
- Contact a local food bank, senior center, or animal shelter
- Start a food or clothing drive
- Feeling crafty? Donate a homemade blanket to [Project Linus](http://ProjectLinus.org)
- Check out volunteering websites, such as <https://www.volunteermatch.org/> , <http://getconnected.unitedwayseak.org> (Southeast), <http://www.bethechange907.org/> (Anchorage/Mat-Su)

November 2017 – Gratitude

Forms are due December 15

(Forms will be accepted after December 15 while patches are available)

All levels complete four activities

Having gratitude means recognizing what others do for you, appreciating opportunities, and expressing appreciation by saying ‘thank you’ or doing something nice for others



All levels complete four activities

Activity #1: Start (or continue) a Gratitude Journal. Once a week, write down or draw a few (less than 5) things you are grateful for. Think about people, actions, opportunities, things, places, animals or something else you might be grateful for. (For tips on keeping a gratitude journal, check out https://greatergood.berkeley.edu/article/item/tips_for_keeping_a_gratitude_journal)

Activity #2: Just like learning a new language, sport, or activity; it takes practice to build your gratitude muscles. Tracking your gratitude mood is a good way to see how you are doing. Get a piece of graph paper or regular lined paper and at least three (or as many as five) colored pencils/crayons/markers. Start by making a key; each color should represent a “level” of gratitude. (For example, yellow for a little grateful, blue for medium grateful, green for very grateful). At the end of every day, color in one square or section of lined paper to represent how you are feeling that day. (Remember: it’s okay to only feel a little grateful!). Try to track your mood for at least two weeks, or set a goal for even longer. When you’ve reached your goal, look back at your tracker. What do you notice? When were you feeling most grateful? When were you feeling least grateful? (Another option is to color your gratitude mood on a calendar.)

Activity #3: Play a game of gratitude toss. Get a beach ball, balloon, or other ball and write gratitude prompts on it. (For example: Tell about a time you were grateful for something a friend did for you; Tell about family member you are grateful for; Tell about a pet you are grateful for; What is one thing you are grateful for today?; Pretend you are writing a thank you card to yourself, what are 3 things you can thank yourself for?; What are 3 ways to say “thank you” without using the words thank you?) Toss the ball around the group, whoever catches the ball talks about or answers the prompt closest to their right thumb then throws it to another person. Make sure everyone gets a chance to play!

Activity #4: Think about a member of your community that you are grateful for; it may be a teacher, police officers, firefighters, neighbors, cafeteria workers, doctors, or someone else. Write them a letter expressing your gratitude then deliver it to them.

Activity #5: It can be hard to be grateful when you are facing challenges, struggling, or upset, but practicing gratitude can help you feel happier, less stressed, and make it easier to overcome your challenges. If you are struggling with something, take a moment each day to think about something you are grateful for. Say it out loud to yourself or share with a friend or a family member.

Activity #6: Create a drawing, painting, poster, collage, or something else that will remind you to be grateful. Post it somewhere you will see it every day.

Activity #7: Cadettes – Ambassadors: Scientists have been researching the benefits of gratitude. Do some researching of your own to find out what they have learned and then share your knowledge with a friend! (Need a place to start? Try <https://greatergood.berkeley.edu/gratitude/> or <https://www.youtube.com/watch?v=sCV-mEsASLA>)

Gratitude Resources:

<https://greatergood.berkeley.edu/gratitude>

<https://www.characterlab.org/>

<https://ed.ted.com/featured/Yrv8lnzX>

<http://www.letitripple.org/character-day/education-hub/>

<https://www.barnesandnoble.com/blog/kids/11-books-to-instill-an-attitude-of-gratitude/>

December 2017 – Optimism

Forms are due January 15

(Forms will be accepted after January 15 while patches are available)

All levels complete four activities

Optimism is not just seeing the glass as half-full. Optimism means believing that negative things won't last forever and effort will improve your future. Optimistic people will stay motivated when faced with challenges.



All levels complete four activities

Activity #1: Make a New Year's Resolution Club – Get a group of friends or family members together and each think of something you'd really like to accomplish in the new year, then set a plan for how to reach your goal, including how you will stay optimistic when you face a challenge. (Practice WOOP goal setting that you may have tried in October. For more information, check out: <https://www.characterlab.org/woop>). Check in with each other once a month (or more) to share how you are doing, encourage each other, and offer suggestions.

Activity #2: Your inner voice (or self-talk) can have a big impact on your mood. When you are feeling optimistic, your self-talk tends to be positive. You may think things like, "I can do this", "I don't feel great right now, but I'll feel better soon", or "Wow, this is hard, maybe I should try another way". When you are feeling pessimistic, your self-talk tends to be negative. You may think things like, "I'll never figure this out", "No one likes me", or "I always mess this up". Many times you don't even notice your inner voice. One way to check your self-talk is to pick an activity that you are interested in, but haven't mastered yet. (Try a new sport or game, puzzle, team-building activity, style of art, building challenge, etc. Interested in technology or coding? Try Hour of Code <https://hourofcode.com>) While you are working on your activity say all of your inner thoughts out loud. Are your thoughts more positive or negative? Would you say these things to a friend? If you find that your thoughts are more negative, try rephrasing it into something more positive (for example, "I'll never get this!" to "I don't get this yet."). Even a small change in your thoughts can help you feel more optimistic.

Activity #3: Optimism is more than just thinking positive or happy thoughts; it's doing things to make positive things happen. Think about a project that could have a positive effect on your community and then complete it. (For example, starting a recycling program or hosting a food drive)

Activity #4: Is browsing social media making you feel bad, lonely, grumpy, or jealous? Do a little social media housekeeping. Next time you are scrolling through one of your social media accounts, look at each post and think about how it is making you feel. If you find some posts are making you feel bad; delete, hide, unfriend, or unfollow! (Psst! Adults, this is a great activity for you too.)

Activity #5: Music can greatly affect your mood. Create a playlist of music that makes you feel happy, upbeat, and positive then have an optimism dance party!

Activity #6: No one is optimistic all the time, so create something that you can wear or carry with you that will help you remember to be optimistic. It could be a piece of jewelry, like a bracelet or ring, or something small to keep in your pocket, like a painted pebble. When you look at your reminder, take a second to think about how you are feeling and what you are thinking. If you are feeling optimistic – great! If you are feeling pessimistic, think about what you could do to feel more optimistic.

Adults, want to learn more about optimism? Check out these resources:

<https://au.reachout.com/articles/developing-positive-self-talk>

https://books.google.com/books/about/The_Optimistic_Child.html?id=q0VZwEZoniUC

<https://www.wareteachers.com/the-abcs-of-cultivating-optimistic-students/>

<https://www.edutopia.org/blog/cultivating-practical-optimism-donna-wilson>

https://www.ted.com/talks/tali_sharot_the_optimism_bias

<http://www.pbs.org/parents/expert-tips-advice/2016/10/encouraging-optimism-children/>

https://greatergood.berkeley.edu/article/item/raising_optimistic_kids

January 2018 – Growth Mindset

Forms are due February 20 – deadline extended
(Forms will be accepted after February 20 while patches are available)

NEW! Fill out your order form and pay online.

Visit: <https://girlscoutsalaska.wufoo.com/forms/s113psad1b52kex/>

Paper forms, if needed, are available [here](#).



Growth Mindset means believing you can get smarter through hard work and good strategies. People with a growth mindset view challenges as an important part of learning, recognize when they need help and seek out new strategies

All levels complete Activities 1 OR 2 and three additional activities. Or complete Activities 1 AND 2 and two additional activities

Activity #1: Your brain is filled with neurons (special cells that send messages in your body). Scientists have figured out that the more you practice something, the easier it is for your neurons to send that message (this is called *neuroplasticity*). Get a group of friends together and test out what it's like to be a neuron! You'll need space to run around, index cards or paper, a ball or other small object to pass around, and a stopwatch. Write everyone's name on a card then place the stack of cards in the middle of the room. Have everyone spread out in the room then pick one person to start. They will take the ball (this represents a message your brain might send), run to the stack of name cards and pick one, then run to that person and pass them the ball. That person will then run to the stack and pick another card and pass the ball along. Continue until you've gone through the whole stack. (Note: If you have a small group, you can go through the stack two or three times) Try it out a few times, keeping the cards in the same order. Did you get faster? Then mix up the cards. What happens? For more info on neuroplasticity, check out:

<https://www.youtube.com/watch?v=ELpfYCZa87g>

Activity #2: Get an intro to Growth Mindset by watching one of these videos.

<https://www.youtube.com/watch?v=2zrtHt3bBmQ> (best for younger girls)

<https://www.youtube.com/watch?v=JfdoJxPjp1k> (best for older girls)



Activity #3: Learn all about how the brain works while you read or listen to *My Fantastic Elastic Brain* by Dr. JoAnn Deak. (Available for checkout through the Alaska Public library or watch a read aloud here: <https://www.youtube.com/watch?v=wcyZCldm62k>).

Activity #4: One way to exercise your brain is to set challenging goals. Think about what you would like to accomplish during the Girl Scout Cookie Sale. Maybe you'd like to earn enough to go to day camp this summer. Or maybe your troop would like to go on a trip. Figure out how many cookies you need to sell then make a plan for how you'll get there. Check out the Cookie Sale Rewards here: <http://bit.ly/gsakcookiemannual> (pg 28-30) Use the WOOP method to help set your goal. (<https://www.characterlab.org/woop>)

Activity #5: Whether you notice it or not, you are learning new things all the time. Think back to last year; draw, paint, sculpt, act out, or write about something you learned. Then look forward to this year, draw, paint, sculpt, act out, or write about something you would LIKE to learn. Look forward five years; what would you like to learn by then? Draw, paint, sculpt, act out, or write about it. What will you need to do to learn these new things?

Activity #6: Did you know when you work hard and struggle your brain gets stronger and smarter? Try this building challenge to give your brain a workout. Grab a stack of paper (recycled paper works great!) and spend 5 minutes building the tallest tower you can using ONLY the paper (no tape, glue, or anything else). After your 5 minutes are up, think about what worked and what didn't, then try again. Can you build it even taller?

Activity #7 (Juniors – Ambassadors): No one has a growth mindset all the time. Take the *What's My Mindset* quiz to see where you are now and where you can improve. <http://blog.mindsetworks.com/what-s-my-mindset> (Psst Adults: [this is good for you too!](#))

Growth Mindset Resources:

<https://www.characterlab.org/>

Your Fantastic Elastic Brain by JoAnn Deak

<https://ideas.classdojo.com/b/growth-mindset>

Information on neuroplasticity: <https://www.youtube.com/watch?v=ELpfYCza87g>

<https://www.mindsetkit.org/>

Power of Yet: <http://vid.ly/6n0j6o>

Mindset: The New Psychology of Success by Carol Dweck



February 2018 – Curiosity

Forms are due March 15

(Forms will be accepted after March 15 while patches are available)

NEW! Fill out your order form and pay online.

Visit: <https://girlscoutsalaska.wufoo.com/forms/w1p60z81145i984/>

Paper forms, if needed, are available [here](#).



Curiosity means wanting to learn more, wondering about the world, and being open to new experiences.

All levels complete four activities

Activity #1: What are you curious about? Take a field trip to learn more about your favorite topics. Visit a museum, library, aquarium, maker space, zoo or somewhere else that sparks your curiosity! Can't take a field trip? Try a virtual field trip. Explore the world with [Discovery Education](#), the [Library of Congress](#), the [Exploratorium](#), or the [Museum of Modern Art](#).

Activity #2: Scientists have been curious about Mars for a long time. One thing they have wanted to learn is whether Mars has even been able to support life. So in 2011, NASA scientists and engineers sent a rover to investigate. That rover is appropriately named [Curiosity](#). It is controlled by scientists and engineers back on earth who send it a series of commands each Mars day (called a *sol*). Now is your chance to see what it's like to be a NASA engineer! You'll need at least two people, an open space to move around in, a blindfold, and a few objects to use as obstacles (Remember, your rover might run into them, so make sure they are safe.). Spread out the obstacles throughout your space and make a start and finish line. Decide who will be the engineer and who will be the rover, and then blindfold the person who will be the rover. (You can take turns). The engineer will give instructions to the rover to help it reach the finish line. When the rover reaches the finish line, she can remove her blindfold and describe what she sees. Any signs of life? For an added challenge, have engineers write all of the instructions before the rover starts. (Did you know Curiosity was named by an 11 year old girl? Read her essay here: https://www.nasa.gov/mission_pages/msl/essay-20090527.html)



Activity #3: Asking questions is a big part of curiosity, but it takes practice! A fun way to do that is with the Questions-Only Game. Get a group of friends together and divide into two teams. Decide on a scenario or scene (for example, one person is a grocery store employee and the other is looking for a pineapple). The first two people will start talking to each other, but they can only speak in questions. (For example: Person 1 – Can I help you find something? Person 2 – Do you sell pineapples? Person 1 – Are you looking for canned or fresh? Person 2 – What’s the difference? etc.) If one person can’t think of a question, the next person on the team will step up and continue the scene.

Activity #4: Try some new foods! Invite your friends to bring one food they’ve never tried to share with the group. Be adventurous! Maybe you’ll discover something delicious! (Make sure an adult checks for food allergies.)

Activity #5: Take a walk around your neighborhood or go on a hike you’ve done before, but this time look for things you’ve never noticed. Look carefully at the world around you, what do you observe? What do you wonder about?

Activity #6: Have you ever wondered about something, but not been able to find out the answer right then? Make your own Curiosity Book to keep track of your wonderings! Make your own small notebook or decorate one you already have, then write down the things you wonder about throughout the week, month, or longer. Look for the answers when you have a chance!

Curiosity Resources:

<https://www.characterlab.org/>

Field Museum Chief Curiosity Correspondent: <https://www.youtube.com/user/thebrainscoop>

https://greatergood.berkeley.edu/article/item/six_surprising_benefits_of_curiosity

How to Be an Explorer of the World: Portable Life Museum – Keri Smith

Mars Curiosity Rover: https://www.nasa.gov/mission_pages/msl/index.html

<https://www.edutopia.org/blog/why-curiosity-enhances-learning-marianne-stenger>

March 2018 – Social Intelligence

Forms are due April 15

(Forms will be accepted after April 15 while patches are available)

NEW! Fill out your order form and pay online.

Visit: <https://girlscoutsalaska.wufoo.com/forms/pvz8nbp033k6cu/>

Paper forms, if needed, are available [here](#).



Social Intelligence (sometimes called Social-Emotional Intelligence) is “the ability to understand and manage your emotions, feel and show empathy for others, develop and keep positive relationships, and make good decisions.”

All levels complete four activities

Activity #1: It can be hard to solve a problem, communicate with friends or family members, or notice someone else’s feelings when you are feeling angry, sad, overwhelmed, or even too excited. Practice a few different techniques (sometimes called mindfulness or meditation) so you have the tools next time you need them!

-Mindful breathing: close your eyes and count your breaths. Count up to ten and then start over, if you get distracted or lose count, don’t worry! Just start over from one.

-Use your senses: sit quietly and focus on each of your senses. What do you see? What can you hear? What do you feel? What do you taste? Smell?

-Make a relaxation jar: use a jar or empty water bottle (something with a screw on lid) and fill it almost all the way to the top with hot water. Add a couple tablespoons of glitter glue (or regular glue and glitter) and shake it up. Notice how the glitter slowly sinks to the bottom. Next time you are having a hard time thinking clearly, shake the jar up and watch it until all the glitter has settled.

-Guided Meditation: There are lots of free guided meditations available online. Try [Cosmic Kids](#), [Class Dojo](#), or [Breethe](#)

Activity #2: Selling Girl Scout cookies? Talking to people is an important part of the sale! Practice your sales pitch or test out a new one, brainstorm new sales techniques, or reach out to new customers. Think about ways you might know someone is interested in buying. What might their body language look like? New to the sale? Team up with someone who has done it before to trade ideas. Experienced seller? Share your knowledge with a new seller! For cookie sale ideas, check out: <http://blog.littlebrowniebakers.com/>

Activity #3: A person's body language or facial expression may show how they are feeling. Grab a partner and sit facing each other. One person will pick an emotion (you can use a list like this [one](#) or choose your own) then use their face and body to demonstrate that emotion. Then the other person will make a matching expression and guess the emotion. Play a few rounds (try switching partners if you have a bigger group) then talk about what it was like trying to guess the emotions. Are some easier than others? What else could you do to find out how someone is feeling? (Note: to add on to the game, after guessing the emotion, talk about a time you felt that way.)

Activity #4: Start (or continue) a [Take Action Project](#). Helping out in the community gives you an opportunity to learn more about your neighbors, solve a problem, and empathize with others – all important parts of social intelligence!

Activity #5: Get a group of people together and learn something new about them! Using a ball of yarn or string, have everyone stand in a circle. The first person tells something unique about themselves. Everyone who has that in common then raises their hand and one-by-one the yarn ball is tossed to them (web begins to form). Keep going until everyone has shared. What do you have in common? What is unique to you?

Activity #6: Practice your communication skills with a fun art project. Get a partner, at least two pieces of paper, and something to draw with. Then decide who is going to be the communicator and who is going to be the listener. The communicator will draw a simple picture (think: shapes, a face, flowers, etc.) then, without showing the listener, describe their drawing in as much detail as possible. The listener will try to draw the same picture. When you are all finished, show each other your drawings. How are they similar? How are they different? Switch roles and try again. Was it easier the second time? What did you learn? (Note: you could also try this activity with other materials like clay/Play-Doh, LEGO, or recycled materials. Just make sure both people have the same supplies.)

Social Intelligence Resources:

https://greatergood.berkeley.edu/article/item/how_social_emotional_learning_and_mindfulness_can_work_together

<https://casel.org/core-competencies/>

<https://www.edutopia.org/SEL-parents-resources>

<http://www.parenttoolkit.com/topics/social-and-emotional/social-and-emotional-development>

https://www.youtube.com/playlist?list=PLzvRx_johoA85tJ4dNepYNjRXM0svNOXH

<https://www.empathybuilders.com/downloads>

April 2018 – Grit

Forms are due May 15

(Forms will be accepted after May 15 while patches are available)

NEW! Fill out your order form and pay online.

Visit: <https://girlscoutsalaska.wufoo.com/forms/py9li2j0u5embb/>

Paper forms, if needed, are available [here](#).



Grit is **passion and perseverance** for long-term goals. Having grit means sticking with your goal for a long time, even when you fail and even when progress is slow.

All levels complete three activities

Activity #1: Is there something that you gave up on that you'd like to try again? Give it another shot, this time with a grittier attitude. Or pick something totally new you'd like to try; maybe you'll find a new passion! Before you try, make a plan. Decide how long you are try it, what success will look like for you, and what you'll do when you get frustrated.

Activity #2: Passion is a very important part of grit. If you are passionate about your goals, it is much easier to stick with them even when things are difficult. Close your eyes and think of something you are passionate about – something you love, something that makes you happy, something you would do every day if you had the opportunity. Create a drawing, collage, website, poem, song, or dance to represent your passion then share it with friends. Are other people passionate about the same things? Are your passions unique? Try out or learn more about someone else's passion, maybe you'll like it too!

Activity #3: One aspect of grit is sticking with something even if you don't see results right away. Practice patience by growing something! Even if it's too cold to start a garden outside, you can get started inside anytime. Pick a few different types of seeds, bulbs, or start with [kitchen scraps](#). Then choose a container and get planting. (hint: just about anything will work – egg cartons, yogurt containers, jars, cans, pots, even egg shells) Place your container in a sunny spot and don't forget to water! Watch your garden as it grows, what do you notice?



Activity #4: Being gritty doesn't mean trying the same thing over and over or stubbornly pursuing a goal to the point of frustration. It's normal to take breaks (even for a long time!), rework your goals, and change your path. Brainstorm and then try out some different ways to take a break. Go for a walk, create a brain break playlist and dance out your frustration, practice a mindfulness technique from [last month](#), color or draw, or play a game. What else can you try? What works best for you?

Activity #5: Are you ready to use your passion and grit to better the community? Check out the [G.I.R.L Agenda](#) to learn how you can make a difference.

Grit Resources:

Effective Praise: <http://www.kirstenskaboodle.com/effective-student-praise/>

Resilience: <https://www.greatschools.org/gk/articles/is-your-child-resilient/>

<https://ideas.classdojo.com/b/perseverance>

<https://www.characterlab.org/grit>

Grit Scale: <https://angeladuckworth.com/grit-scale/>

What is Grit: <https://www.youtube.com/watch?v=Rkoe1e2KZJs>

G.I.R.L Agenda: <https://www.girlscouts.org/en/about-girl-scouts/girl-scouts-and-civic-engagement/forgirls.html>

May 2018 – Zest

Forms are due June 15

(Forms will be accepted after June 15 while patches are available)

NEW! Fill out your order form and pay online.

Visit: <https://girlscoutsalaska.wufoo.com/forms/xykfnqp1xneuri/>

Paper forms, if needed, are available [here](#).



Zest is finding and sharing joy in what you do. When you have zest you have enthusiasm and energy for the things you do.

All levels complete Activity #1 and three additional activities

Activity #1: Tell us what you have enthusiasm for! What kind of Girl Scout programs would you like to see next school year? What Patch of the Month theme(s) sounds exciting? Make a list and email it to mewan@girlscoutsalaska.org (Please tell us which ideas came from girls and which came from adults.)

Activity #2: Getting outside can make you feel great! Take a walk or go on a hike. Feeling inspired? Write a poem, take some photos, or create an art piece.

Activity #3: Not feeling very “zesty”? Some simple changes are shown to boost your zest level. Pick one or two new habits from the lists below to try for at least a week. Feeling extra ambitious? Keep yourself on a track with a habit tracker. Make your own, use a calendar, or try [this one](#), which gives you a chance to set mini goals (called Turtle Goals) to help you reach your larger goal. (Psst adults! These are great ideas for you too!)

Sleep: Make sure you are getting enough! Children 6 to 12 years old should be getting 9 to 12 hours of sleep, teens 13 to 18 years old should be getting 8 to 10 hours of sleep, and adults should get 7 hours or more. Turn phones and other electronic devices off at least 30 minutes before bed, Make a bedtime routine and stick to it!

Health: Are you eating healthy foods, drinking enough water, and getting some exercise? Try out some new [healthy snacks](#), keep track of how much water you are drinking (5-8 cups/day for kids 4-18 years old), or get some exercise! (Try going for a bike ride, skating, dancing, doing some yoga, playing basketball or soccer, doing martial arts, etc.) Interested in learning more? Start or continue the [Strong Girls, Healthy Meeting](#) patch.

Activity #4: Zest is contagious! When you are feeling excited and enthusiastic about something, it may rub off on those around you. Think about something in the future that you are really excited about. (It could be tomorrow, 50 years from now or somewhere in between.) Then write a letter to someone explaining what you are excited about, why you are excited, and what you hope to happen. Don't forget to ask what that person is excited about too!

Activity #5: Play a game that will get you laughing, try one below or pick one of your own.

-Honey, Do you love me?: Players form a circle with one player in the middle (it). The middle person goes up a person in the circle and asks, "Honey, do you love me?" The person being asked answers, "Honey, I love you but I just can't smile." If they do smile or laugh, they become "it" and the previous middle person joins the circle. The person who is "it" is not allowed to touch other players, but can make funny faces or use a silly voice.

-Chucklebelly: (Before you start, make sure everyone is comfortable laying in the way described) Lay on the floor so that each person can place their head on another person's stomach. The first person says "Ha", then the second person says "ha ha", the third person says "Ha ha ha", and so on. The goal is to reach the end without anyone laughing out of turn.

Activity #6: Grab a friend or two and try something new! Work together to decide on an activity you'd like to try then jump in together. Having a friend by your side can boost your feelings of zest, help if you are feeling nervous, and give you someone to share your successes.

Zest Resources:

<https://www.characterlab.org/zest>

<https://www.youtube.com/watch?v=YE7tNRWTDdl>

https://greatergood.berkeley.edu/article/item/four_reasons_to_cultivate_zest_in_life

Habit tracker: <https://greatergood.berkeley.edu/images/tools/try-this/try-this-Habits7-days-b.pdf>

Strong Girls, Healthy Meeting: http://www.girlscoutsalaska.org/content/dam/girlscouts-girlscoutsalaska/documents/Strong_Girls_Patch_Leader_Packet_GSAK.PDF

Healthy Snacks: <https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Choosing-Healthy-Snacks-for-Children.aspx>,

https://www.childobesity180.org/sites/default/files/Snack_It_Up_Four_recipes_Packet_edited_july7.pdf