

Spread Kindness

With this patch program, girls will learn to be responsible for what they say and do by practicing kindness. Girls will engage in hands-on activities that help them to build healthy relationships within their troop, family and peer groups, and will be able to share what they learned with others.



This patch is for Girl Scouts of all grade levels!

GUIDELINES: To earn this patch, girls must complete the following requirements:

1. Complete at least five items from the Kindness To-Do List.
2. Build, decorate, and begin using your own Tacky Box.
3. Complete any two of the Compassion Activities listed below:
 - 3.1 - Empathy
 - 3.2 - Heart of Kindness
 - 3.3 - Unkind Words
 - 3.4 - Letter of Kindness
 - 3.5 - Spread Kindness
4. Share what you learned and encourage others to #SpreadKindnessGS

Complete all requirements by **March 31, 2024**, then fill out the [online reporting form](#) to unlock your patch! Please submit one entry per individual member if working alone, or one for the Troop as a whole.

1. Kindness To-Do List

Choose at least **five** items to complete from this list. Feel free to do more!

- | | |
|--|---|
| <input type="checkbox"/> Hold the door open for someone | <input type="checkbox"/> Invite someone to play on the playground |
| <input type="checkbox"/> Do a chore without being asked | <input type="checkbox"/> Leave happy notes or rock messages around town |
| <input type="checkbox"/> Return someone's cart at the store | <input type="checkbox"/> Bake a dessert for a neighbor |
| <input type="checkbox"/> Let someone go ahead of you in line | <input type="checkbox"/> Write a kind chalk message on the sidewalk |
| <input type="checkbox"/> Compliment a friend | <input type="checkbox"/> Read a book to someone |
| <input type="checkbox"/> Help make dinner | <input type="checkbox"/> Teach someone something new |
| <input type="checkbox"/> Make a homemade gift for someone | <input type="checkbox"/> Give high-fives to a friend |
| <input type="checkbox"/> Dry the slides at the park after it rains | <input type="checkbox"/> Call a friend or family member |
| <input type="checkbox"/> Say thank you to someone | |

2. Getting started with Tacky Box

The Tacky Box program offers the opportunity for girls to make better decisions as they avoid tacky words and negative behavior.

Tacky Box puts the power of kindness in the girl's hands. Girls will use their Tacky Box and a notepad to write down when they recognize tacky words and actions in themselves and in their peers. By writing down this behavior and locking it up in the Tacky Box, girls make a conscious choice to remove it from their hearts and their minds.



SAY:

Girl Scouts live by the Girl Scout Law. In the Law we see that Girl Scouts are friendly, caring, considerate, and responsible for what they say and do. These are all really kind actions, but kindness takes practice. Sometimes we want to say and do things that are not kind. What should we do in those moments? We can use a tool called Tacky Box!

When you come across tacky words or actions that may hurt others, you can write them down and put them in your Tacky Box. Then you can make a choice to keep those tacky things in the box and remove them from your hearts and minds. Today we will decorate our Tacky Boxes so that we are ready to use them.

DO:

1. Encourage girls to decorate their Tacky Boxes.
2. When using Tacky Box in a troop setting, consider asking girls to bring their Tacky Box to each troop meeting.
3. Remind girls that it is important that they keep their Tacky Box in a safe place and not lose it.
4. You may also provide girls with a pen, pencil and a note pad.

Decorate your Tacky Box!

Purchase a wooden Tacky Box or use any other durable box with a lid! Here are a few decorating ideas:

- Permanent makers
- Scrapbook paper
- Washi Tape
- Mod Podge
- Ribbons
- Duct Tape
- Fabric squares
- Glue
- Rhinestones
- Foam shapes
- Paint
- Stencils
- Stamps
- Beads
- Stickers

3. Compassion Activities

Choose at least **two** of the following five activities to complete. Feel free to do more!

3.1 - Empathy

MATERIALS:

- Various shoes or photos of shoes
- Empathy and Look, Think, Care Cards (included at the end of this document)

SAY:

What does the word empathy mean? Can you give me an example of empathy? Each of us are different. We have different life experiences and different feelings. Even when we look at our shoes, they are different.

Have you ever heard someone say, “Put yourself in someone else’s shoes”? We are going to practice that. Thinking about others, and what they may experience, is a great way to learn empathy.

DO:

1. Show the EMPATHY definition card. Lead discussion of possible meanings.
2. Introduce the LOOK, THINK, CARE cards. Read them to the girls or ask three girls to read the cards aloud.
3. Have girls sit or stand and put their feet together to form a circle.
4. Bring out various shoes or photos of shoes. Have girls think about the person who wears those shoes and what their life might be like and what experiences they may have.
5. Remind them of the, LOOK, THINK CARE cards as they considers their answers.

DISCUSS:

Remember, showing empathy towards others is a great way to start with kindness. We cannot assume to know what someone else is thinking or feeling, but we can LOOK, THINK and CARE. How can we practice this with our fellow Girl Scouts, family and friends?

If you have older girls, consider watching “[The Importance of Empathy](#)” by Lifehacker on YouTube.

3.2 - Heart of Kindness

MATERIALS:

- Paper hearts
- Tape

SAY:

Why is it important to be kind? How do our words affect others?

DO:

1. Give each girl a paper heart.
2. Read each of the following statements. As you read each line have girls tear away a small piece of the heart. Girls will tear their hearts into 4 pieces.
 - I can’t stand you.
 - You can’t do anything right.
 - I don’t like the way you look.
 - You will never have any friends.
3. Provide tape for girls and ask them to think of kind words that can replace the mean words they just heard.
4. For each kind statement they provide, have them “mend” or tape the heart back together again.

DISCUSS:

We were able to repair our hearts, but we can still see the scars from those mean words. Before you speak, think and be smart. It’s hard to mend a broken heart. How can we practice this with our Girl Scout sisters, family and friends?

3.3 - Unkind Words

MATERIALS

- Toothpaste tubes
- Toothpicks
- Paper towels or table cloth

SAY:

What happens when you say something unkind? Can you take back unkind words?

DO:

1. If you have a large troop, split girls into smaller groups
2. Give each group a tube of toothpaste and give each girl a toothpick
3. Ask girls to squeeze some toothpaste onto the table or a paper towel. Advise girls to squeeze about as much toothpaste as they use to brush their teeth.
4. Then let the girls know that they will work together to get all of the toothpaste back into the tube. They may only use the toothpicks to do this.

DISCUSS:

Were you able to get all of the toothpaste back in the tube? Was there any toothpaste left on the table, paper towel or toothpicks? Our words are like the toothpaste. Once our words come out of our mouth, it's hard to take them back. An apology goes a long way, but it is best to start with kind words and actions.

3.4 - Letters of Kindness

MATERIALS:

- Paper
- Pens and pencils
- You may also consider decorative stationary, envelopes, stickers, markers or gel pens

SAY:

Our words are powerful. We can use them to build people up or tear them down or to make people feel good or make people feel bad. We can choose to use kind words with our Girl Scout sisters, friends and family members. Writing a letter to someone is a great way to share kind words with them. They can keep that letter as a reminder of the kind words that you shared with them. Think about how that person may feel each time they read your letter of kindness.

(Younger girls may make cards instead of writing letters.)

DO:

For a troop:

1. Write each girl's name on a small piece of paper. Fold them up and place them in a bowl.
2. Have each girl draw a name from the bowl. If a girl pulls her own name, have her put it back and try again. If you have an uneven number of girls, include yourself or other troop volunteers in the drawing.
3. Ask girls to write a letter of kindness to the girl whose name is written on their piece of paper. Give girls the following suggestions on what to write about:
 - Something that you admire about them.
 - Something that they do well.
 - Something that will make them smile.
 - Something that will encourage them. Remind girls that the letters do not need to be very long, but should be written with care and include lots of kind words.
 - Have girls exchange letters.
4. Create a Kindness poster and hang it up in your classroom, place of worship or your troop meeting space.

For individual Girl Scouts/Juliettes:

1. Think of someone that you see often. This could be a friend, family member, teacher or coach.
2. Write a letter of kindness to that person. Here are a few suggestions on what you could write about:

- Something that you admire about them.
 - Something that they do well.
 - Something that will make them smile.
 - Something that will encourage them.
3. Give the letter to that person.

3.5 - Spread Kindness

Collect and donate peanut butter (or any other nut butter) to a food pantry or food bank. Peanut butter is one of the most-requested food donations, due to its nutritional content, shelf-life, and ease of preparation. Can you spread kindness as easily as spreading peanut butter?

This September, in observance of National Hunger Action Month, you can drop off peanut butter donations at A Place for Girls in Chesapeake, or at one of these participating Dairy Queen or Dairy Queen Grill & Chill locations. **If you go in your Girl Scout uniform, your donated peanut butter can earn you a free Mini Blizzard!**

- CHESAPEAKE: 200 S Battlefield Blvd
- CHESAPEAKE: 4024 Portsmouth Blvd
- FRANKLIN: 1418 Armory Drive
- HAMPTON: 219 Fox Hill Road
- NEWPORT NEWS: 12999 Warwick Blvd
- NORFOLK: 9636 Granby Street
- VIRGINIA BEACH: 1925 Landstown Centre Way, Unit 260

4. Share What You've Learned

- Share what you learned by talking with family members or friends. Then encourage them to complete one kind act from the Kindness To-Do List.
- Share what you learned on social media and use the hashtag #SpreadKindnessGS (For Cadette/Senior/Ambassador Girl Scouts only, with caregiver permission.)

REMINDER:

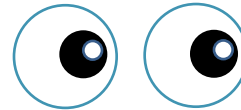
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EMPATHY

Making an effort to understand how someone feels, even if you have not been in that same situation. Putting yourself in someone else's shoes.

LOOK

Look at the other person.
How are they feeling?
What is their body language?



THINK

Think about a time when you felt that way. How would you want someone to treat you?



CARE

Show them you care! Is there anything you can do to help?

