

## Family Connections: Girl Scout Updates for Parents & Caregivers!



### **November 20 is National Family Volunteer Day**

When your family volunteers together, you're not only impacting the community but building that bond with each other. Volunteering is filled with teachable moments and provides a way to fulfill project requirements as well as developing leadership skills!

This is a great day to enjoy the benefits of family volunteering. There are numerous opportunities for you to be able to safely serve this year, whether through Girl Scouts or other local organizations. Share your volunteering day stories and photos with us at [marcomm@gscoc.org](mailto:marcomm@gscoc.org).

**Interested in volunteering with Girl Scouts?** There are many ways to become involved. Whether in a short-term role, like helping with an event, or on an ongoing basis, such as an outdoor facilitator, there's a role that will meet your interests and help you build skills while making a difference in girls' lives. Email [customercare@gscoc.org](mailto:customercare@gscoc.org) with your interest and we'll make the match!



We introduce Girl Scouts of every age to science, technology, engineering, and math (STEM) to help them see how they can actually improve the world—whether they're discovering how a car's engine runs, learning to manage finances, or caring for animals.

We'd like every girl to explore different aspects of STEM every year, so we've developed a unique, "fun with purpose" K-12 curriculum to inspire girls to embrace and celebrate scientific discovery in their lives.

**Sign your girl up for a December STEM Club event:**

- [STEM Club for Daisies & Brownies / Automotive Engineering](#)
- [STEM Club for Juniors & Cadettes / Automotive Engineering](#)

*Bonus fun:* [Download the Women in STEM Coloring Book](#) (PDF)

# Native American Heritage Month

Celebrate Native American Heritage Month by learning about the histories, cultures, and contributions of the Native American communities that were the first inhabitants in the United States. We've got plenty of activities to choose from, so you can make new discoveries and have tons of fun while earning this piece of your Girl Scout Multicultural Community Celebration patch!

[Learn more](#)



**Tuition Rewards** is a unique rewards program, offered by the Girl Scouts of Colonial Coast, that can be redeemed for guaranteed minimum college scholarships, starting with the freshman year, at over 430 participating SAGE Scholars® private colleges and universities.

Program Benefits:

- Help girls reach their goals of a college education.
- Attract and retain girls.
- Encourages girls to try new things; badge work, camping, events, product programs, etc.
- Show our love to volunteers and adults who help support our mission.

## Cookie Kickoff - For Everyone!

This year's Cookie Kickoff will be held at Busch Gardens! For just \$40, girls can practice entrepreneur skills, learn about our new Girl Scout Cookie AND enjoy the wonderful holiday season at Busch Gardens. Family and friends can also purchase discounted park tickets.

[Register](#)



## Cookie Classic Run

With timed 1 mile and 5K races, runners of all abilities can join us on January 22 in supporting the Girl Scouts of the Colonial Coast while preparing for their 2022 race season. Need extra motivation to get to the finish line? The Cookie Classic Run is the only race in Hampton Roads where you get Girl Scout cookies on the 5K course during the race! Register before November 16 to lock in discounted rates. (Virtual option available, too!)



[Register](#)



### Events for Every Girl

We offer events in each of the program pillars: STEM, Outdoors, Life Skills, and Entrepreneurship/Financial Literacy. Get details on our [Events Calendar](#).



## Gratitude Activity Ideas

Just in time for the Thanksgiving season, here are two activities that focus on gratitude, which is part of our [\*\*Science of Happiness program\*\*](#). You can do these with a troop or as a family—or both!

### **Gratitude Jar**

The gratitude jar is a simple exercise and only requires a few ingredients: a jar (a box can also work); a ribbon, stickers, glitter, or whatever else you like to decorate the jar; paper and a pen or pencil for writing your gratitude notes; and gratitude! Start these before Thanksgiving, so you can open your jar or box and share some of the things you are grateful for with family.

Step 1: Find a jar or box.

Step 2: Decorate the jar however you wish. You can tie a ribbon around the jar's neck, put stickers on the sides, use clear glue and glitter to make it sparkle, paint it, keep it simple, or do whatever else you can think of to make it a pleasing sight.

Step 3: Think of at least three things throughout your day that you are grateful and write down what you are grateful for on little slips of paper and place in the jar or box.

You're sure to find many things you are grateful for and that help you in life.

### **Gratitude Rock**

The secret to this exercise is that the rock is a symbol, a physical object you can use, to remind yourself of what you have.

First, find a rock you can carry with you in the palm of your hand. If you have another small object you'd rather use instead, feel free to substitute that for the rock.

Carry this rock in your pocket, leave it on your desk or your school locker or wherever you're sure to see it.

Whenever you see it or touch it, pause to think about at least one thing you are grateful for. Not only will this help you remember the things you are grateful for, but it can act as a switch to more positive thinking. You can keep this going forever! Just change out your rock or whatever small thing you want to carry as your gratitude reminder.



## Last Call for Fall Product

GSCCC's Fall Product Program will end in mid-November. Did you order your nuts and chocolates? If not, email [customercare@gscce.org](mailto:customercare@gscce.org) and they'll connect you to a Girl Scout who is participating in the program.



## Holiday Hours

GSCCC offices and shop will be closed starting on Wednesday, November 24th and will reopen on Monday, November 29th.