



# Keep Calm, I'm a Girl Scout

“Keep Calm and Carry On” was a phrase originally coined in Great Britain during World War II. Posters used similar phrases to boost morale and encourage citizens to remain vigilant, steadfast, and well- calm, when faced with the stress and fears of war.

When faced with a problem, how do you respond? Do you run away? Hide your face? Scream or cry? Is it hard to breathe? Learning how to deal with stress is not always easy. It takes some research; some trial and error. But to know what to do when you're stressed out can make all the difference in how you handle your problems.

Be prepared! That's the Girl Scout motto and one of the best ways to stay calm is to be prepared! Know how to handle problems more effectively once you learn more about stress. With a little practice, you'll be able to make others feel at ease too!

How to earn the “Keep Calm, I'm a Girl Scout” patch the Girl Scout Way:

## Steps:

1. **Discover** — Discover how to “keep calm” in stressful situations.
2. **Connect** — Build your own stress toy. Choose either a calming jar or stress ball.
3. **Take Action** — Create your own calming kit that will help you “be prepared” for stressful situations.

## Materials Needed:

In order to complete this patch, you'll need a few things:

1. Resources: You can either go online (with an adult), ask a professional, or visit your public library to research childhood stress.
2. Supplies for a calming jar or a stress ball (directions to follow)
3. A bookbag, lunchbox, or shoebox for your calming kit

## STEP

# 1 Discover what stresses you out.

1. Investigate! Make a list of times you've felt stressed out. What happened? Where were you?
2. Make a problem chart. Some problems are big and some are small. By making a chart, you can think through your problem, consider how big the problem is, and then find a way to make that stress go away! Here's a sample chart:

5	I'm not safe. I need to leave before anyone gets hurt.
4	I'm losing control. I need a <i>chillville</i> break to calm down.
3	I'm not fully in control. I need to take deep breaths.
2	Things are okay. I can handle it.
1	I feel super!

When you're stressed, try some of these calming techniques to calm down:

1. Take five deep breaths.
2. Go outside and kick a ball around.
3. Ask for a hug.
4. Punch a pillow.
5. Listen to music or sing a song.
6. Close your eyes and think of a calm place.
7. Draw a picture.
8. Write a letter or a story.
9. Read a book.
10. Talk to someone.

Did you find that certain activities helped more than others? It's good to try different things—some might work well, others might not.

## STEP 2

### Build your own stress toys.

#### 1. Calming Jar

- a. You'll need a recycled plastic bottle, glitter glue, extra glitter, food coloring, and water. (Optional: add a few toys like a Lego figurine).
- b. First step, add 1/2 bottle of glitter glue (pick your favorite color) Tip: Adding more glue will make the settling time longer.
- c. Add warm water, almost to fill the jar. Save room for shaking and movement in the bottle.
- d. Add some extra glitter and few drops of food coloring. (Use the same color as your glitter glue).
- e. Put the lid back on and shake the bottle. Watch as the glitter flurries around, then settles to the bottom.

#### 2. Stress Ball

- a. You'll need three balloons (all the same size—no water balloons).
- b. Filling: Either flour or cornstarch; rice or dried lentils/beans; or a combination of the two, plus an empty water bottle and spoon or funnel.
- c. Optional step: Depending on the elasticity of the balloon, you may need to stretch out your balloon by blowing it up once or twice before you begin.
- d. Fill the water bottle with your filling—the size of your balloon will determine the amount of filling you will need.
- e. Put the mouth of the balloon around the mouth of the bottle.
- f. Turn the bottle upside down and let the contents of the bottle fall into the balloon; work the filling into the balloon until it is filled up about 2-3 inches.
- g. Remove the balloon from the bottle and tie the balloon as close to the filling as you can.
- h. Cut off the excess balloon.
- i. Fit the filled balloon inside the second balloon; tie it off and cut off the excess.
- j. Fit the second balloon inside the third balloon.
- k. Squeeze the ball around in your hand as a stress relief tool.

## STEP

# 3

## Create your own calming kit.

Now that you've done some research, it is time to be prepared! Create a calming kit you can use anytime you feel stressed in a situation. In addition to your problem chart, stress ball and calming jar, here are some suggestions to put in your calming kit:

- bottle of bubbles
- lollipop or piece of candy
- weighted lap cushion
- stuffed animal
- ear muffs or noise-cancelling headphones
- stretchy bands
- book
- ball
- *MadLibs*
- doodle pad
- blank paper
- kaleidoscope
- pinwheel
- Silly Putty
- eye mask
- tissue paper (you can keep it in a Ziploc bag and tear it up when you're frustrated)
- photo album or scrapbook with pictures of family, pets and friends
- scratch-and-sniff stickers
- bubble wrap
- body sock
- small mirror
- comb/brush
- snacks with a variety of textures: crunchy, chewy, or soft
- pipe cleaners
- spinning top
- whistle, harmonica, or a kazoo
- scarves, pieces of fabric

### All done?

**CONGRATULATIONS!** You've completed all the necessary steps to earn the "Keep Calm, I'm a Girl Scout" patch. Now you can relax, sit back, and have *a spot of tea!*



After completing the activities from each step, visit or call a Girl Scouts Western Pennsylvania retail shop at 800-248-3355 to purchase your patch. A patch may be worn on the back of a vest, sash or tunic.