



# She and Me

## Ready to learn more about a special female role model?

Springtime is in full swing and flowers are in bloom. It's a wonderful time to celebrate a woman who means a lot to you! We all have a female role model in our lives who has influenced and helped to shape us in some way. For this patch, choose that special woman who inspires you.

Is your mom your biggest cheerleader? Maybe she encourages you to find new interests, try a new sport, or follow your dreams. Do you love to spend time with your grandmother? Do you both go shopping or enjoy baking cookies? Maybe your aunt takes you on the coolest trips and you both enjoy exploring new places and cuisine. Or perhaps you're inspired by your youth group leader, music teacher or another mentor in your life.

Your role model could even be someone you admire but have never met, like an author, actress, activist, artist, political leader, or any woman you respect. Perhaps she is your favorite author such as J.K. Rowling who wrote the Harry Potter series, a political activist like Malala Yousafzai who is a Pakistani activist for female education and the youngest-ever Nobel Prize laureate, or a powerful Olympic athlete like Simone Biles or Serena Williams.

## How to earn the She and Me patch the Girl Scout way:

### Steps:

1. **Discover** — Choose a woman who inspires you. Interview and/or research her.
2. **Connect** — Find out what you might have in common with this person by completing a fun and meaningful activity.
3. **Take Action** — Celebrate this special person by making a postcard, song, poem, video, or slideshow presentation representing what you've learned about her.

### Materials Needed:

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

1. pen and paper for your interview/research and activity
2. craft supplies: paper, markers, glue, etc.
3. optional for older girls: camera phone and computer

## STEP

# 1 Discover more about a woman who inspires you.

Interview the woman you choose and if the person is not someone you know in real-life, do some research! What would you like to know? NOTE: If you'll be using a computer to conduct your research, make sure you have the help of an adult.

- a. **Daisies**—Come up with 3-5 questions that you can ask her or, with the help of an adult, research the person you chose and find 3-5 facts that interest you.
- b. **Brownies**—Can you brainstorm 10 questions that you can ask your role model? If you don't know this person, with the help of an adult, research her and find out 10 fun facts.
- c. **Juniors**—Brainstorm 15 questions that you can ask or do research with the help of an adult and discover 15 fun facts.
- d. **Cadettes, Seniors and Ambassadors**—Brainstorm 20-30 questions that you can ask or do research and discover 20-30 fun facts.

## STEP

# 2 What do you have in common?

1. In the middle of a blank sheet of paper write down the name of the woman you interviewed/researched.
2. Write some words (adjectives) that describes this person on the paper around their name: happy, caring, fun, smart, etc.
3. Circle the adjectives that also describe you and see how much you have in common with this person. Are you both caring, athletic, funny?

## STEP

# 3 Find a way to celebrate the woman who inspires you!

Now that you know more about the woman who inspires you, use your creativity to create something that represents her. Some examples are below. Feel free to do something different!

- a. **Daisies and Brownies**—Draw a picture, design a postcard or greeting card, or make a craft that represents the person you interviewed/researched.
- b. **Juniors**—Create a collage, write a song, or write a poem that exemplifies the woman that you interviewed/researched.
- c. **Cadettes, Seniors, and Ambassadors**—Write a short story or create a video or slideshow about the woman you interviewed/researched. Then, share it with her and/or with others.

All done?

**CONGRATULATIONS!** You've completed all the necessary steps to earn the She and Me patch.



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.