



Kindness

“No act of kindness, no matter how small, is ever wasted.”
—Aesop, Greek Storyteller

Girl Scouts are all about making the world a better place, and even the smallest acts of kindness improve the world around us. In this patch program, you will discover ways to be kind. You will connect with your community and the people around you by taking part in acts of kindness. In the end, you will take action to inspire those around you to spread kindness, too! Big or small, each act of kindness will make the world a better and kinder place to live.

How to earn the Kindness patch the Girl Scout way:

Steps:

1. **Discover**—Brainstorm ways to be kind.
2. **Connect**—Show kindness.
3. **Take Action**—Inspire others to spread kindness.

Materials Needed:

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

- paper
- pen or pencil
- materials for chosen acts of kindness (See Step 1 and 2.)

STEP

1

Brainstorm ways to be kind.

Get together with your troop or family and brainstorm ways to be kind to:

- yourself
- others
- animals
- the environment

Make a list and include any supplies you might need to carry out your acts of kindness.

Discuss what kindness means to you and how it can make a difference.

- How does it make you feel when you spread kindness?
- How does it feel when you receive kindness?

STEP

2

Show kindness.

Look at the list you made in Step 1 and take part in:

- 3 acts of kindness (Daisies)
- 5 acts of kindness (Brownies and Juniors)
- 10 acts of kindness (Cadettes, Seniors, and Ambassadors)


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STEP

3 Inspire others to spread kindness.

Share your experience from your acts of kindness. Educate and inspire others to make a change by spreading kindness.

You may choose one of the following or come up with your own idea:

- Make posters to put in your school or around your community, encouraging people to be kind.
- Share your experience and ask others to spread kindness in a blog post or on social media.
- Start a Kindness Club or have a Kindness Day at your school, troop meeting, etc.

All done?

CONGRATULATIONS! You've completed all the necessary steps to earn the Kindness 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.

**Patch shown may be substituted with similar patch, based on availability.*