

Keep Calm and Girl Scout On! Patch Program Checklist



The thing about a Girl Scout is she's always prepared! She's a leader, even when everything around her seems a little crazy! **GSSEM's Keep Calm and Girl Scout On** patch program was developed to keep girls connected with the Girl Scout program during these trying times.

Complete any one activity from each of the three categories to earn the patch. Download your certificate of completion and order your patch when you're done.

Coronavirus Prevention

FYI - CO stands for corona while the letter V is for virus, and 19 represents the year 2019. Thus the short name COVID-19.

- Do a science experiment on germs to help understand the importance of washing your hands. You might try **this** or **this** or find one of your own.
- Try singing two verses of *Make New Friends* to meet the CDC recommendation of washing your hands for 20 seconds.
- Bonus: Teach the song to a family member so they can sing along as they wash their hands too, and make a video of yourself practicing good hand washing and share it online. Don't forget to tag us @GSSEM on Facebook, Instagram, or Twitter.
- Keep a journal of your social distancing and share with a friend or family member when social distancing is over.

Complete a Service Project

Service is an important part of Girl Scouting. Community service projects are all about making an impact now and meeting an immediate community need.

- Call an elderly or disabled relative or neighbor—or just someone who lives alone and ask how they're doing. During social distancing, people may feel lonely and just need someone to talk to.
- Write a thank-you letter to all the people who still go to their jobs to help us stay safe (medical personnel, police and fire, grocery store clerks, etc).
- Locate a senior citizen home or hospice care center that'll accept letters from the public and write letters to their residents.
- Gather your gently-used toys and clothing and prepared to donate them after the need to social distance has passed.
- Recycle materials around your home into something repurposed.
- Write an encouraging message on your sidewalk or put an inspirational picture in your window to uplift people during these challenging times.

High Awards

Being home from school is a great time to explore the Highest Awards in Girl Scouting. Whether they're new to you—or you're already on your way to earning your Bronze, Silver, or Gold Award—here are some ways you can Keep Calm and Girl Scout On with High Awards:

- Learn about the High Awards: Bronze, Silver and Gold. Review the requirements, and—if you're the right age—make plans on how you can earn them. Information can be found at gssem.org/highawards.
- Cadette and Senior Girl Scouts can take our **Silver** and **Gold** Award online training.
- Take Action** is a requirement of earning any of the High Awards and is also required to complete any Journey. You can also complete our online **Take Action** training.
- Earn the **Precious Medals P.I. patch**. It can be adapted to fit your individual needs.
- Global connection is part of the high awards. Explore how this virus is affecting other countries.

Watch for more ways to do Virtual Girl Scouting each week on gssem.org and our social media.