Girl Scouts Heart of the Hudson, Inc.
www.girlscoutshh.org

I'm Special

In order to become leaders who posses courage, confidence and character, girls must gain specific knowledge, skills, attitudes, behaviors and values related to Girl Scouting. The I'm Special Patch program helps girls to discover themselves, connect with others and feel empowered to take action to make the world a better place.

To earn this patch, girls must complete three (3) requirements from the Discover Yourself section, one (1) from Developing values, one (1) from Contributing to the Improvement of Society, and three (3) from Connecting to Others, for a total of 8.

Discover Yourself!

By completing these requirements, girls will discover a stronger sense of self, as they recognize their strengths and abilities, and identify areas in themselves they wish to improve.

1. My Outline
Create a "me outline" by having another member of your troop draw around you on a sheet of brown paper. Cut out magazine pictures of things you think about, have done or want to do. Place the things you think about on the head, the things you love on the heart, things you do on the arms and places you go on the feet. (Brownies and Juniors)

2. Your List
List 6 things that make you happy. List 6 things that make you sad. List 4 things that you do very well. List 4 things you would like to do better. List 4 people who care about you. List 4 people who you care about. Share your list with your troop. (All)

3. Whose Box Is It?
Connect with your troop members as you learn about each other. Decorate a "Me" shoe box. DO NOT PUT YOUR NAME ON THE BOX. Inside the box, on pieces of paper, write the names of your favorite games, foods, books, movies, places to go, things to do, subject in school, etc… Take turns pulling out the pieces of

paper and trying to guess whose box it is. (All)

4. Group Membership
Examine the pros and cons of being part of a group. Make a list with your troop of the positive and negative aspects of group membership. (Juniors, Cadettes, Seniors and Ambassadors)

Developing Values

By completing these requirements, girls will develop positive values and confidence in themselves and their decisions.

1. Girl Scout Promise and Law
Create a booklet and illustrate the Girl Scout Promise and the ten parts of the Law. Now, keep a diary for one month recording how you have lived by the Promise and the Law. Give examples of how the Law and promise helped you decide what the "right" thing to do is. (Brownies and Juniors)

2. Issues
AIDS, drug abuse, toxic shock syndrome, and eating disorders such as anorexia nervosa are a few examples of issues confronting girls today. Choose one of these topics to learn more about. Take action to educate others by presenting your research to your troop or another group. (Juniors, Cadettes, Seniors and Ambassadors)

3. Just say "No"
Role play saying "No" in situations that are harmful to you or make you feel uncomfortable. (All)

Contribute to the Improvement of Society.

By completing these requirements, girls will not only gain a better understanding of themselves, but they will recognize the importance of connecting with others and they develop healthy relationships.

1. Girl Scouts
Pretend you are giving a talk to a community group, such as the PTA. Explain what the Girls Scouts represent, and the goals they hope to help girls achieve. (Juniors, Cadettes, Seniors and Ambassadors)

2. Service Project
Doing things for others helps you feel good about yourself. Select, plan and implement a service project for your community, Girls Scouts, or your family. (All)

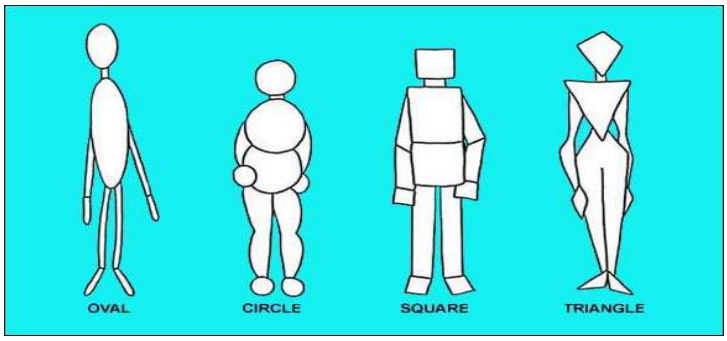
3. Surprise Pal
Put the name of each member of your troop in a hat or a box. Each member then picks out a name – DON"T SAY WHOSE NAME YOU PICKED!! Each girl does a good dead, act of kindness or something special for that girl for a month. At the end of the month, reveal who your surprise pal was, and

discuss how it felt to do and receive good deeds. (All)

4. Emotions
Use your creativity to make a paper bag puppet for the following emotions: frustration, happiness, sadness, depression, anger, surprise. Put on a skit using your puppets and their emotions. (Brownies and Juniors)

5. Challenge Yourself
Each week for a month, do something that challenges you. This can be something for yourself or another person. With each challenge you will become more proud of yourself. You may not fully succeed each challenge you attempt, but you should feel proud for trying, and remember, you can always try again! (Juniors, Cadettes, Seniors and Ambassadors)

6. I Am and I'm Good At
Loving and accepting yourself helps you to love and accept others. Make two lists: *I Am* and *I'm Good At*. Fill up the two lists and share them with your troop. (All)



7. Portfolio
Connect with your body and create a looking good/feeling good portfolio. Use resources on the internet or invite a beauty consult to help you discover:

A. Your body type. Are you romantic and rounded, or dramatic and straight? Identify what style of clothing is best for your body type.
B. Your best colors. Bring out the glow of your natural coloring by discovering what colors look best on you. Hold colored construction paper next to your face while you and the members your troop decide which one looks best.
C. Your skin type. Discuss skin types with the beauty consultant or visit the make-up section of a department store. Learn about proper skin care and make–up techniques.
D. Your Goals. Identify at least three goals you have for yourself and how you can achieve them.

(Juniors, Cadettes, Seniors and Ambassadors)

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Connect to Others

By completing these requirements, girls will develop the skills necessary to communicate with other. These skills include conflict resolution and listening skills. Girls will take action to become effective problem solvers while connecting to their troop and developing healthy relationships.

1. A Me Gift
Give a "Me" gift to someone, such as a handprint craft, or something with your picture on it. A variety of handprint, footprint, and fingerprint crafts can be found online at: http://www.dltk-kids.com/type/handprint.htm
(Brownies and Juniors)

2. BINGO
Play "what–makes-a-friend" bingo. Use the Scout bingo card, or create one of your own. Fill in a name in each space. You may use the same name more than once. (All)

3. Log
Keep a log for a week of things you did or said to others that made you feel happy. (Juniors, Cadettes, Seniors and Ambassadors)

4. Listening Skills
Communication and good listening skills are vital components to maintaining good relationship. Say what you really mean and learn the skills necessary to be a good listener. Practice these skills by role playing the following scenarios:

A. Someone changes the subject in the middle of your thoughts.
B. Someone interrupts you while you are talking.
C. Someone makes a value judgment.
D. Someone is sarcastic or makes a joke at your expense.
E. Tell a story to someone and have them retell it.

(Juniors, Cadettes, Seniors and Ambassadors)

5. What Bugs Me
Create a *Things That Bug Me* journal and finish the following statements:

A. I am afraid that _____
_____
B. I get depressed when _____
_____
C. Some things that make me angry are
_____
_____
D. I am frustrated when _____
_____
E. Some things I would like to change are_____
_____

Have a troop discussion on how you solve things that bug you. How do you let go of negative feelings without hurting others? (Juniors, Cadettes, Seniors and Ambassadors)

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GSHH Council Patch

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LOYAL	HAS THE SAME INTERESTS	EASY TO TALK TO	LIKE EATING LUNCH WITH	HAS DONE SOMETHING NICE FOR YOU
HAS HELPED YOU	IS SOMEONE YOU CAN TALK TO	YOU ENJOY SPENDING TIME WITH	YOU CAN TELL SECRETS TO	MAKES YOU LAUGH
FORGIVING	IS SOMEBODY YOU HAVE HELPED	FREE	UNDERSTANDING	RESPECTFUL
SOMEONE YOU "HANG OUT" WITH	SHARES	GOOD LISTENER	HONEST	HAVE THE SAME FAVORITE BOOK
OPENMINDED	TAKES YOU SERIOULSLY	IS SOMEONE YOU CAN JOKE WITH	IS FUN TO BE WITH	RELIABLE

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Tips for being a good listener

1. Give your full attention on the person who is speaking. Don't look out the window or at what else is going on in the room.
2. Make sure your mind is focused, too. It can be easy to let your mind wander if you think you know what the person is going to say next, but you might be wrong! If you feel your mind wandering, change the position of your body and try to concentrate on the speaker's words.
3. Let the speaker finish before you begin to talk. Speakers appreciate having the chance to say everything they would like to say without being interrupted. When you interrupt, it looks like you aren't listening, even if you really are.
4. Let yourself finish listening before you begin to speak! You can't really listen if you are busy thinking about what you want say next.
5. Listen for main ideas. The main ideas are the most important points the speaker wants to get across. They may be mentioned at the start or end of a talk, and repeated a number of times. Pay special attention to statements that begin with phrases such as "My point is..." or "The thing to remember is..."
6. Ask questions. If you are not sure you understand what the speaker has said, just ask. It is a good idea to repeat in your own words what the speaker said so that you can be sure your understanding is correct. For example, you might say, "When you said that no two zebras are alike, did you mean that the stripes are different on each one?"
7. Give feedback. Sit up straight and look directly at the speaker. Now and then, nod to show that you understand. At appropriate points you may also smile, frown, laugh, or be silent. These are all ways to let the speaker know that you are really listening. Remember, you listen with your face as well as your ears!