

World Kindness Day

For Cadettes, Seniors, and Ambassadors



November 13th is World Kindness Day! Kindness is the quality of being friendly, generous, and considerate. Being friendly and considerate is part of the Girl Scout Law! Being kind to yourself and others makes you and those around you happier. Practice being kind by participating in the kind acts on this list. You'll earn a fun patch, but more importantly you'll spread happiness!

Complete the following number: Cadettes- 6, Seniors- 7, Ambassadors- 8

Kind to others:

- ♥ Cook for your family
- ♥ Send a card to a friend or family member
- ♥ Make a mask for someone
- ♥ Volunteer for a local non-profit
- ♥ Text someone good morning or good night
- ♥ Cheer on a teammate, friend or sibling
- ♥ Befriend someone new
- ♥ Paint and leave kindness rocks for others
- ♥ Bake cookies or cake for a neighbor
- ♥ Leave a surprise in your mailbox for your mail carrier
- ♥ Donate used books to a library or a free library box
- ♥ Offer to babysit for free
- ♥ Rake leaves for a neighbor
- ♥ Be extra kind to your server (& tip well!)
- ♥ Give someone a "heart attack"- write compliments on paper hearts and place them on their door or window to surprise them!
- ♥ Check out: loveforourelers.org/letters. People like you can send handwritten letters of encouragement to the organization who then distributes the letters to senior homes, communities, and centers. Write a letter and decorate it, then send it to the organization.
- ♥ Leave a kind note on your teacher's desk
- ♥ Send a picture of yourself to your grandparents or an extended family member
- ♥ Leave sticky notes with positive messages for others to find
- ♥ Create your own way to share kindness with others!

Kind online:

- ♥ Watch a positive video
- ♥ Leave a positive comment on a post
- ♥ Post a compliment about someone
- ♥ Leave a positive review about a local business
- ♥ Host a virtual live movie night (check out the streaming services that allow sharing)
- ♥ Create a digital piece of art and share it
- ♥ Video call a friend or family member
- ♥ Host a virtual book club or game night
- ♥ Share a positive news story

Kind to yourself:

- ♥ Write a gratitude list
- ♥ Read a book
- ♥ Paint your nails
- ♥ Take a nap
- ♥ Go for a walk
- ♥ Drink more water (make a daily goal!)
- ♥ Set goals for yourself
- ♥ Do yoga
- ♥ Take a break from technology
- ♥ Compliment yourself!
- ♥ Take a relaxing bath
- ♥ Give yourself a pedicure
- ♥ Exercise- try something new! Kickboxing, weight lifting, dance cardio... you won't know you like it until you try it!
- ♥ Write a letter to your younger self. What have you learned? How have you grown?

Name _____

Phone _____ Troop _____

Submit completed sheet to shop@gsnim.org. Contact us at 800-283-4812 ext. 5 to purchase patch for \$1.50 (includes shipping). While supplies last. Patch may change due to availability.