

World Kindness Day

For Daisies, Brownies, & Juniors



November 13th is World Kindness Day! Kindness is the quality of being friendly, generous, and considerate. Being friendly and considerate are 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: Daisies- 3, Brownies- 4, Juniors- 5

Kind to others:

- ♥ Draw a picture for someone
- ♥ Send a card to a friend or family member
- ♥ Create a feel-good sign for your front door or window
- ♥ Clean your room before you are told
- ♥ Help clean up after dinner
- ♥ 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
- ♥ Compliment a friend
- ♥ Rake leaves for someone
- ♥ Pick up trash in your neighborhood
- ♥ 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
- ♥ Bring an extra treat for lunch to share with a new friend

Kind online:

- ♥ Watch a positive video
- ♥ Leave a positive comment on a post
- ♥ Post a compliment about someone
- ♥ With an adult, 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

Kind to yourself:

- ♥ Write a gratitude list
- ♥ Read a book
- ♥ Paint your nails
- ♥ Ride your bike
- ♥ Go for a walk
- ♥ Drink more water (make a daily goal!)
- ♥ Set goals for yourself
- ♥ Do yoga
- ♥ Turn off electronics/screens for a day
- ♥ Compliment yourself!
- ♥ Do something you're afraid to do- perform in front of someone, take the training wheels off your bike, or do a cartwheel! How do you feel now that you've done it?
- ♥ Be yourself! If you want to wear striped pants and a polka-dot shirt- do it! If you like ranch on your pizza but others don't, eat your pizza with ranch anyway! It feels good to be yourself.

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.