

The logo is a black heart shape with a white outline. Inside the heart, the words "make kindness the norm." are written in white, lowercase, sans-serif font. Below this, in a smaller font, it says "RANDOM ACTS OF KINDNESS FOUNDATION". At the bottom of the heart is a small green four-leaf clover.

make
kindness
the norm.

RANDOM ACTS OF KINDNESS
FOUNDATION*



Kindness Challenge

Think back to a time when an unexpected, pleasant surprise happened to you. It might have been a stranger offering to help you with your packages or a simple note of kindness on a rock on a hike. Now think back to times when you have shared kindness with others—how did it make you feel? Random Acts of Kindness are unplanned, and often unrecognized, acts that we do to spread positivity to others in our community. In the Kindness Challenge patch, Girl Scout Cadettes, Seniors, and Ambassadors explore the power of kindness and how both receiving it and sharing it with others can profoundly change the world, one kind act at a time.

Steps:

1. Reflect on kindness experiences
2. Learn six kindness concepts
3. Create a Random Acts of Kindness plan
4. Act of Kindness for Self
5. Take action in your community

Materials:

- [Make Kindness the Norm booklet, 1 copy for each Girl Scout](#)
- Jars (can be new or used and any material you like!)
- Stickers, glitter glue, ribbon, colored paper... anything to use to decorate the jars
- Craft glue
- Paper

A KINDNESS CHALLENGE TO

**make
kindness
the norm.**TM

IN YOUR NEIGHBORHOOD

for ages 13 - 19

1. Reflect on kindness experiences

Invite your Girl Scout(s) write about something kind that someone has done for them recently. This can be someone they know or someone they have never met (like reading a kind note written on the sidewalk)

SAY:

- *Think back to a time when someone did something kind for you. This could be someone you know or a complete stranger.*
- *Ask yourself: What did it feel like when they did a kind act for you?*
- *Take a moment and write about this experience.*
- *Remember to include the details of that moment. Where were you? What were you doing? How did you feel?*

Ask them to share their Kindness Memory with you or the troop.

SAY:

Now that we have seen everybody's kindness memory, what did you notice about the stories?

(Girls may say: Many girls felt happy or excited when they experienced kindness, some were surprised, others not, some knew the person, others did not, etc.)

What common themes do you see in our Kindness Memories? (Girls may say: Positive feelings, happiness, excitement, etc.) We are going to work through a great booklet that is going to help us be more intentional about acts of kindness to ourselves and those around us.

2. Learn six kindness concepts

Each Girl Scout should have their own copy of the Make Kindness the Norm booklet for ages 13-19. The six kindness concepts are covered throughout the booklet. Adults should familiarize themselves with the concepts before leading Girl Scouts in this activity. We are going to have the Girl Scouts work through the definitions and what this type of kindness looks like.

Respect: Treating people, places, and things with kindness. (This means self-respect as well!)

Caring: Feeling and showing concern for others. (Do not forget to take care of yourself first!)

Inclusiveness: Including others, inviting them in, and welcoming them with open arms.

Integrity: Acting in a way you know is right and kind in all situations.

Responsibility: Being dependable and doing the things that are expected or required of you.

Courage: Being brave when facing new or difficult circumstances.

Give the Girl Scout(s) a minute to flip through their booklet and share with you or another Girl Scout what they are excited about.

SAY:

There are six kindness concepts that help you “Make Kindness the Norm.” They are Respect, Caring, Inclusiveness, Integrity, Responsibility, and Courage. (Write the words on a piece of paper or board).

Ask the Girl Scouts to help you define the words. Allow them to produce their own definitions, then add elements that might be missing. Ask them to produce real-life examples for each of these terms.

3. Create a Random Acts of Kindness plan

SAY:

There are so many ways to Make Kindness the Norm! To complete this patch, you must complete 60 Random Acts of Kindness. Now that might seem like a lot, but as you look through this guide you will see that some activities are worth more points. As a Girl Scout troop, we want to commit to earning at least half of these together to have a strong impact in our community.

To start the brainstorming process, draw three circles on a piece of paper. Label the circles—SELF, INNER CIRCLE, COMMUNITY. In a moment, each of you will look through the booklet and identify at least two items to add to our circles.

Allow Girl Scouts only 3-5 minutes to gather their action items. Then, bring the items together as a group to share and add to a main troop document. Keep this document and check-in on it through-out the year when you gather with your Girl Scouts. Challenge them to think of new ways to spread kindness to themselves, their inner circle, and their community.

4. Act of Kindness for Self

SAY:

Now we are going to do a RAK together to fill in our first hearts. Many times, when we think of acts of kindness, ideas of helping others come to mind. While it is important to spread kindness to others, it is also incredibly important to give some of the kindness to us.

Today we are going to create a gratitude jar. The way this works is that you create a habit that at the end of each day you write down one thing for which you are thankful. Then put

this in the jar and in one year we are going to have a kindness celebration to reflect on our gratitude for the year.

Pass out jars to each Girl Scout. Have them spend some time making them stand out as something that would catch their attention in their room. As they are wrapping up, pass out a small piece of paper and ask them to put the date and write why they are grateful. Encourage them to write whatever comes to mind and that it does not have to be something super profound.

Wrap Up & Reflection

In Girl Scouts, kindness is part of our promise to each other – it is in the Girl Scout Law, after all! While each Girl Scout might identify themselves as kind, the difference with making kindness the norm is that we are seeking for them to complete intentional actions on a regular basis.

SAY:

As we wrap up here, I want you to look at the list of random acts of kindness that we produced. As a troop, can we choose one that we are going to complete before our next meeting? Let them respond. How about choosing one that you will do on your own in the next week? If appropriate, when you complete your act of kindness, take a picture of it, and send it to me. We can share them at the next troop meeting!

Take a moment with your Girl Scout(s) to reflect on what they learned and felt today. Ask them to share their roses, thorns, and stems!

Roses = What did they learn, like and feel good about?

Thorns = What was difficult or something they had a challenging time with?

Stems = How are they going to grow or put what they learned into action?

LEADERS: Do not forget to complete your form to receive the Make Kindness the Norm patches for FREE for all of your Girl Scouts.

https://gscolorado.formstack.com/forms/make_kindness_the_norm_patch