



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 Daisies, Brownies, and Juniors explore the power of kindness and how both receiving it and sharing it with others can truly 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 map
4. Take action in your community

Materials:

- [Make Kindness the Norm booklet, 1 copy for each Girl Scout](#)
- Markers, crayons, or other art supplies
- Envelopes
- Paper



1. Reflect on kindness experiences

Invite your Girl Scout(s) to draw a picture or 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?*
- *Draw a picture of yourself experiencing the kind act.*
- *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. Then explain what a Random Act of Kindness is and the benefits from it. Start by identifying that a RAK is a short abbreviation for a Random Act of Kindness.

SAY:

Now that we've 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.)

Invite the girls to brainstorm ways to do Random Acts of Kindness in their community.

2. Learn six kindness concepts

Each Girl Scout should have their own copy of the Make Kindness the Norm booklet. The six kindness concepts are covered throughout the booklet. Adults should familiarize themselves with the concepts before leading Girl Scouts in this activity.

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

Caring: Feeling and showing concern for others. (Don't forget to care for 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 reliable 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:

As you looked through your booklet, you might have noticed at the top of each page there were some special words. These 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 come up with their own definitions, then add elements that might be missing.

3. Create a Random Acts of Kindness map

SAY:

There are so many ways to Make Kindness the Norm! To complete this patch, you must complete 10 RAKs. However, YOU have the control to map out WHAT, WHERE, WHEN, and HOW you do this.

To start the brainstorming process, draw three circles on a piece of paper. Label the circles—HOME, SCHOOL, and COMMUNITY. Using the kindness memories we just shared as a foundation for ideas, write down possible RAKs you could do in each circle. Don't worry about HOW you will do these RAKs. Just allow your ideas to flow, letting your imagination run wild. You can come back to this roadmap and more clearly choose your TOP 10 later!

Allow Girl Scouts only 3-5 minutes to complete this section. The goal is to simply generate ideas quickly and get their kindness juices flowing. Make sure to encourage them to save this paper for reference as they complete this badge.

SAY:

Now that we have collectively completed the first RAK, what ideas do you have for the remaining 9?

*Look back at the ideas you generated under each heading. Take time after our meeting to complete your TOP 10 RAK ideas in your **Make Kindness the Norm booklet**. Now you have an official RAK roadmap to accomplish the Kindness Challenge badge!*

4. Take action in your community

To encourage your Girl Scout(s) to start taking action in their community, work together on one of the suggested activities. Here the activity suggested is Letters to Elders, but if your Girl Scout(s) have done this before or are more interested in another activity follow their lead to what meets their passion!

Activity: Letters to Elders

Before you begin, head over to <https://loveforoureliders.org/letters> to learn about the guidelines for the letters, such as no glitter on the letters.

SAY:

Today we will take some time to spread kindness to elders around the world. Elders are older adults and many of them are homebound and often do not have many visitors. These letters provide a source of happiness and comfort. Each elder on this website would LOVE to receive a genuine, kind letter from you.

Review the rules for cards. Explain that the rules help the elders to be able to read and enjoy the letter.

SAY:

It might feel difficult at first to be writing to someone you don't know. Love Our Elders says: just pretend like it's a conversation! What kinds of things would you want to talk about with a stranger? Here is some advice from the website:

*1. Letters must be **legible (large print), handwritten, and include no glitter**. Do not worry if you are not artistic. Write a letter the way you would like to receive it!*

*2. **Avoid religion, if possible**. Your letter should work for anyone.*

*3. **Embrace creativity!** Elders love it when the letters are personal. We encourage you to make your letters colorful and fun—photos, crosswords, and drawings are great!*

*4. **Be kind & thoughtful**. You can include a return address, but please do not expect a letter back. We want to ensure recipients aren't burdened by feeling obligated or unable to respond.*

Allow the girls time to complete their letters. Make sure that each letter meets the guidelines above. Help the girls to address the letters to their chosen elder.

Reflection

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 hard time with?

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