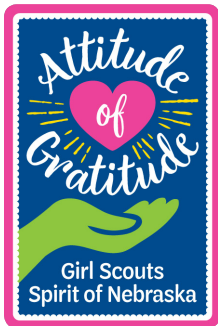


# Attitude of Gratitude Patch Program



Showing appreciation and gratitude for volunteers is a must. After all, your volunteers are **AMAZING** and Girl Scouting wouldn't be the same without them!

This patch program will teach girls what appreciation is, what helpers do, and how to show gratitude in large and small ways through the Three Leadership Keys of Discover, Connect, and Take Action.



## Daisy, Brownie and Junior Requirements

DISCOVER	CONNECT	TAKE ACTION
<p>Complete required activities 1 and 2. Then choose one activity from 3-6.</p>	<p>Complete required activities 1 and 2. Then choose one activity from 3-6.</p>	<p>Choose two activities from 1-4.</p>
<ol style="list-style-type: none"> <li>1. <b>Discuss the question: What is appreciation?</b></li> <li>2. <b>Discuss the question: What is a volunteer?</b></li> <li>3. With the help of an adult, look up and learn to say "thank you" in three different languages.</li> <li>4. Make a "thank you" card for a troop volunteer. Why did you choose her/him?</li> <li>5. Think about your troop volunteers. What makes them special? How can you show them your appreciation and make them feel special every time you see them?</li> <li>6. Research or ask someone: What is volunteer appreciation month? When is it? Can you think of a way to celebrate it?</li> </ol>	<ol style="list-style-type: none"> <li>1. <b>Discuss the question: Why is it important to show appreciation to people who help us?</b></li> <li>2. <b>Discuss the question: Who is a volunteer for your troop? What do they do?</b></li> <li>3. Brainstorm two or three creative ways you can thank a volunteer that speaks to their personal contributions or interests. Pick one and do it.</li> <li>4. Create a poster or banner that shows how much you appreciate your volunteers. Give it to them or hang it at your meeting space.</li> <li>5. Create a "coupon book" of things your volunteers do. Pick one occasionally and help with it.</li> <li>6. Brainstorm some ways you could celebrate volunteer appreciation month.</li> </ol>	<ol style="list-style-type: none"> <li>1. Make a "An amazing Girl Scout volunteer lives here" yard sign and place it in a volunteer's yard as a surprise (or get creative and promote your volunteer in another way)!</li> <li>2. Make a "thank you" SWAP and give it to a volunteer.</li> <li>3. With an adult's help, nominate a volunteer for a Best of Girl Scouting Award (nominations accepted in May) or a <a href="#">Girl Scout Volunteer Award</a> (nominations accepted in the fall).</li> <li>4. Perform a Random Act of Kindness in a volunteer's honor. Take a photo to show her/him what you did and why.</li> </ol>



## Cadette, Senior, and Ambassador Requirements

DISCOVER	CONNECT	TAKE ACTION
<p>Complete required activity 1. Then choose two activities from 2-5.</p>	<p>Complete required activity 1. Then choose two activities from 2-5.</p>	<p>Complete required activity 1. Then choose two activities from 2-5.</p>
<ol style="list-style-type: none"> <li>1. Write a letter, poem, or song, or create art to show how Girl Scout volunteers have made an impact on you.</li> <li>2. Create a “coupon book” of the things your volunteers do. Pick one occasionally and help out.</li> <li>3. Learn about the Best of Girl Scouting Awards and <a href="#">Girl Scout Volunteer Awards</a> and Recognitions. Which one could you nominate one of your volunteers for?</li> <li>4. Research what types of appreciation are most effective and when appreciation is most effective.</li> <li>5. Identify different ways to show appreciation for your volunteers that don't involve buying something. Pick one and do it.</li> </ol>	<ol style="list-style-type: none"> <li>1. Chat with a Girl Scout volunteer about what they like best about volunteering. Go a step further and ask questions such as: Why did you become a volunteer? What can be challenging?</li> <li>2. Create a word cloud (<a href="http://Wordle.net">Wordle.net</a>) with positive words that describe one of your volunteers and present it to her/him.</li> <li>3. Create a banner or poster that describes how much you appreciate your troop volunteers.</li> <li>4. Brainstorm two or three creative ways you can show appreciation to volunteers. Pick one and do it.</li> <li>5. Make a special effort to thank and show appreciation to a volunteer at least once a week for a specified time period.</li> </ol>	<ol style="list-style-type: none"> <li>1. Find a quote about gratitude that speaks to you. Post it where you will see it for daily inspiration. Also, post it in at least one place where it will also inspire others.</li> <li>2. Plan and complete a service project in a volunteer's honor. What are ways to incorporate things they like, or work on a cause or with an organization that is special to them?</li> <li>3. Celebrate Volunteer Appreciation Month by hosting an appreciation event for volunteers who help your troop.</li> <li>4. Nominate a volunteer for a Best of Girl Scouting Award (nominations accepted in May) or a <a href="#">Girl Scout Volunteer Award</a> (nominations accepted in the fall).</li> <li>5. Create a troop “Volunteer of the Month” program to show appreciation all year.</li> </ol>

### Claim Your Free Patch!

Patches are free for registered Girl Scout Spirit of Nebraska girl members when you [let us know](#) you have completed the program.