



B.T.U.F. – Be Tough

All Grade Levels

The B.T.U.F. Patch program for girls ages 5-18 is comprised of activities that focus on teaching girls how to incorporate kindness, strength, respect, wisdom and healthy relationships into their daily lives.

BE STRONG!

Learn creative resolutions to conflicts. To earn this segment, do the following:

- Daisy Girl Scout one activity
- Brownie Girl Scout two activities
- Junior Girl Scout three activities
- Cadette/Senior/Ambassador Girl Scout four activities



OR Earn a Daisy Petal, Try-It, Badge, Studio 2B Charm, Interest Project Patch, or Girl Scout patch program related to this subject.

1. Write a code of conduct agreement. List statements that you feel will make you a better person and will make you treat people better. For example you might start with “I won’t make fun of other people” or “I will help someone once a week”. Then sign the agreement. Make sure you understand what you are signing and make sure you follow the agreement.
2. Act on it. Write down two problems that you are having at school or at home on two slips of paper. Place the papers in a bag. With a partner, pick out a problem from the bag and act out the problem together. Everyone else watches and brainstorms solutions to the problem. Act out one of the solutions.
3. Find a solution. Are you often late for school? Do you want a later bedtime? Does someone take your things? With a friend, discuss one of these problems. Make a list of possible solutions. Try them out and decide which solution helped your situation.
4. Negotiate it and then agree upon it. With a group, list three situations that cause problems-such as, being late for school, having your brother or sister take your things, having a friend get you in trouble at school, etc. Go over the list with the group and explain why it’s a problem for you. Divide the group into pairs and then brainstorm with each other why and when this problem happens. Discuss a list of solutions to this problem. Pick one or two of the solutions. Share your problem, your explanation, and your solution with the whole group. Try the solution and see if things get better.

5. Conflict collage art. Find pictures in old magazines or newspapers that have situations showing conflict. Cut the pictures out and glue them down on a large sheet of paper. Discuss possible solutions to the pictures in your collage.
6. Peer pressure. Make paper bag puppets. Have the puppets act out a situation that deals with peer pressure. Use situations like jumping off of a slide, running away from home, or taking something from a store. Have the puppets act out each situation twice. The first time, have the puppet give in to peer pressure and the second time, have the puppet resist the peer pressure. Discuss some techniques that you can use to resist peer pressure.
7. "That's not what I meant". Pair up with someone and sit facing them. Have her tell you something (made up or real). Start with "I heard you say..." and repeat exactly what you heard. End with "Is that what you meant?" If she says no, ask her to rephrase what she said. Answer with "I heard you say..." and repeat exactly what you heard. Again end with "Is that what you meant?" Continue until you agree about what was meant. Then switch roles.
8. Play it. Take two balls and write the word "fire" on one and "ice" on the other. Have everyone sit in a circle. Toss one ball at a time to the girls at random. When someone catches the ball, they read the word on it. If the ball says "fire", they say something mean. If the ball says "ice", they say something nice. Do not repeat a word that someone else has said. Continue until everyone has had a turn with both emotions. Talk about how it felt when they had to say mean or nice words and how it felt to hear them.
9. Bully Books. Turn a bully's behavior around when you treat them the way you want them to treat you. On a sheet of paper draw a picture of a bully's face. Make it look mean and mad. On each of the other pages draw the same face but each time change the mouth and eyes just a little bit. Each picture should look a little less mad and little happier than the other one. When all of the pictures are finished, staple them together like a book. When you flip the pages very fast, the bully's face will look like it is changing from mad to glad.
10. Make yourself stronger by helping others. Organize an after school "Homework Club". Help younger kids do their homework.

THE REAL YOU

Become a more caring, compassionate, and cooperative individual.

To earn this segment, do the following:

- Daisy Girl Scout one activity
- Brownie Girl Scout two activities
- Junior Girl Scout three activities
- Cadette/Senior/Ambassador Girl Scout four activities



1. Make a list of five things you can do with friends. Create your own puzzle, hike or challenge. Do one of these things with friends.
2. Write a poem about friendship. Take a friend's first name. Write the name down the side of a piece of paper. Use each letter in the name to start the first word of the poem's line. Think of reasons why you like your friend and use them in your poem.
3. Work at being a good friend. Create good deed coupons using the phrase "I will _____ for you". Pass them out to your friends. Have your friends redeem the coupons once a week.
4. Act it out. Act out the "Nature's Friends" skit. (The script for the skit is located at the end of the patch program's instruction sheets). Then discuss what you learned from the skit.
5. Celebrate having friends by making friendship bracelets. Use beads, braided yarn, or colored thread. Give your finished bracelet to one of your friends.
6. Pass the tea, please! Pretend you are at a restaurant having a tea party. Set the table and make place cards for each other. Talk about polite and impolite ways to act. Take turns being the waiter and the customer. Discuss why you should have good table manners.
7. Secret buddies. Be a secret buddy to someone for one month and think of nice things to do for your secret buddy. Write a poem, make a craft, send a card, or do something special for your secret buddy.
8. Friendship circle. With a group of girls, sit in a circle with one girl in the middle. Each girl takes a turn and gives a compliment to the girl in the center. The girl in the center listens without saying anything. After she receives a compliment from everyone, she returns to the circle and the person to her left goes in the middle. Continue until everyone gets a turn.
9. Make buddy brag bags. Have each girl decorate a paper lunch bag and write their name on the bag. Give girls enough index cards for the number of girls in the group. Write something good about each girl in the group. Then pass out the cards to each of the girls to put in their bag. Have the girls pull out a card a day and see what great things were said about them.
10. Positive Power donation drive. Locate a shelter in your area that collects items for women and children. Participate in a collection of items and donate them to that shelter.

UNDERSTAND YOURSELF AND OTHERS

Appreciate differences in people.

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OR Earn a Petal, Try-It, Badge, Studio 2B Charm, Interest Project, or Girl Scout patch program related to this subject.

1. Design a “get to know you” quilt. Give everyone a 12 inch square of fabric. Use crayons or markers to decorate the squares with your interests, talents, or activities. Sew or glue the squares together to use as a wall hanging or flag.
2. Sweet differences. Give each girl a small bag of M&Ms®. How are all of the candies alike? How are they different? If you close your eyes, would you know which colors your candies are just by tasting them? Would it matter which candies you had if you could not see them? Should you choose friends based on what they are on the inside or how they may look on the outside? Discuss the answers.
3. Everyone’s welcome. Invite someone who grew up in another country to come and talk to you or your group. Have them describe what it was like being a child there. Find out about their toys and games. Are they the same or different as the ones here? Play a game from their country.
4. Learn the language. Learn how to say the words “friend”, “hello”, “goodbye” and “thank you” in four different languages. Discuss how although languages in another language sound different, you should never make fun of someone speaking a language different than your own.
5. Celebrate your heritage. Find out what part of the world your family originated from. Interview someone from that country. Make a craft or food from that country.
6. Learn to respect the values of others. Create a “This is what I think chart”. Pick topics such as ---being popular in school, getting good grades, spending time with your family, making my own decisions, exercising and eating right, wearing cute clothes, spending time with friends, improving my neighborhood, etc. Rate each topic---very important, somewhat important, or not important at all. Compare your outcomes with the group or a friend.
7. We’re all in it together. Make a peoples of the world collage, poster, display, or booklet. Include pictures and photos of people from as many different places around the world as you can.
8. Fashion and style. Create a poster or journal of clothing and jewelry from at least three different countries. By visiting a museum or library or using the internet, find out how the items reflect the culture and lifestyle of the countries’ people.
9. Dance like a star. Learn a dance from a different country and perform it for a group of your friends.
10. Yum, Yum, Yum. Learn about foods from countries other than your own. Collect different ethnic foods and donate them to a local food pantry.

FEEL GOOD ABOUT YOURSELF

Express Your Feelings.

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OR Earn a Petal, Try-It, Badge, Studio 2B Charm, Interest Project, or Girl Scout patch program related to this subject.

1. Feelings journal. Make and keep a journal for two weeks. Keep track of events, feelings, ideas and things that have happened to you in your journal.
2. Write and illustrate a book about yourself for someone younger than you.
3. Celebrate you. Everyone is special and has unique qualities. Make an “I am special” poster about yourself. Use markers, pictures from magazines, or scrap booking materials. Display your poster.
4. Play mood charades. Write down the words “surprised”, “scared”, “mad”, “happy”, “crabby”, “tired”, and “sorry” on index cards. Put the cards in a bag. Have someone draw a card out of the bag and act out the emotion. Continue until everyone gets a chance to act out a card.
5. Body language-Your body has a language of its own. By understanding body language, you will be able to see how people are feeling. Watch a television show or a movie without the sound on. Can you tell what people are feeling? Who’s happy? Who’s angry? Who’s telling the truth? How can you tell?
6. Helping others can help you feel good about yourself. Do a good deed for a friend or family member.
7. Be fit. Feel great. Make a daily “Healthy Choices Fitness Schedule”. Add fun and healthy activities to your schedule. Think of new ways you can make fit choices throughout your days. Put them on your schedule. Keep track of your activities for a month.
8. Let’s communicate. Try eating dinner with your family without the TV on. What is different? Did you talk about different things? Come up with two ways to improve communication in your family or troop. Try one out and discuss why it did or did not work.
9. Think positive. Make a list of ten things that kids often say that are negative. For each item, figure out a way to turn it into a thought or idea that is more positive. Make a poster of the positive actions.
10. Volunteer at an event that stresses fitness.

When you have completed the requirements, you can purchase the patch at any of our six regional offices, www.girlscoutsgcnwi.org or our online shop, www.shopgirlscouts.com and go to “Uniquely Ours”.

NATURE'S FRIENDS SKIT

It's great to have friends. Part of being a friend is caring about them. We must learn to think about what we say before we say things that could hurt someone's feelings. This activity will show how people can hurt each other's feelings without realizing it.

Characters:

- Danielle the Deer
- Rachel the Rabbit
- Caitlin the Chipmunk
- Rylee the Raccoon

Setting:

In the camp the deer, the chipmunk, and the rabbit are talking very fast. They are upset about what has happened but they are not mad at each other.

Script:

Danielle the Deer:

If you both keep talking at once, I'll never find out what the problem is!!!

Rachel the Rabbit:

It's Rylee again!

Caitin the Chipmunk:

That raccoon is really mean and bossy.

Danielle:

What has she done now? Rachel, you tell first.

Rachel:

Well, I was standing in the meadow just enjoying the fresh air-when I noticed Rylee staring at me from behind a tree. I started feeling very uncomfortable.

Caitlin (to Danielle):

You know how Rylee can be.

Danielle:

Yes I do. Go on Rachel what happened.

Rachel:

All of a sudden Rylee ran up to me and said "Rachel, I don't like your whiskers that way. They're not the right style for you." Then she said (Rachel begins to cry) "they're all wrong for your face. Your face is too round for all those whiskers. You should have them professionally styled." (Rachel starts crying harder. Danielle and Caitlin comfort her.)

Caitlin:

Rachel, please don't cry. You look great just the way you are – of course you are not as cute as a chipmunk.

Danielle:

Caitlin!!!

Caitlin:

Well, she isn't, you know. But wait 'til you hear what Rylee did to me! I was collecting acorns under the trees. I had just made a big pile of nuts and was getting ready to bury them in camp. I was feeling terrific. Then Rylee ran over and said (Caitlin imitates Rylee's voice), "Caitlin, I have a wonderful surprise for you. Something you're going to like. Something you have always wanted. It is something to make your pile of nuts complete."

Rachel:

What was it, Caitlin?

Caitlin:

I thought for sure it was a large walnut. So, I opened my mouth so she could put the walnut inside, but instead she put a big rock in my mouth. I bit down on the rock and it hurt my teeth.

Danielle:

Today Rylee marched up to me and gave me a mirror. She said if I had my antlers fixed, I wouldn't be half bad looking for a deer.

Rachel:

That wasn't a very nice thing to say.

Danielle:

Something has to be done about her---the sooner the better.

Rylee (from off stage):

Screech! Screech! Is anyone there? Screech! (Rylee the Raccoon enters and runs around the stage as she greets the others.) Hi-hi, everyone! How are all my dear, dear friends today? Lovely day, isn't it? Danielle, I see you still haven't had those horrible antlers fixed, have you? Tsk,tsk, tsk. And what are you all doing on this fine day? Caitlin, I just found a great nutcracker you must try! Rachel, if you insist on wearing your whiskers in that dreadful way, you could at least add a little make-up to perk them up a bit. The way they look now makes you look absolutely... (Rachel bursts into tears)

Rylee:

What's that for? (Looks at the others) What put her in that mood?
(Rylee and Danielle try to make Rachel feel better)

Danielle:

Rylee, it's you. You've hurt Rachel's feelings.

Rylee:

Me? But that's impossible! I was just trying to help her!

Daneille:

Rylee, we have feelings!

Rachel (between tears):

And those feelings get hurt when you criticize us.

Caitlin:

You're the bossiest raccoon I've ever known. You drive me crazy!



Rachel:

I can't help it that my whiskers are the way they are. I'm a rabbit and that's the way rabbit whiskers are.

Danielle:

And deer have big antlers.

Caitlin:

And, well, I guess chipmunks like nuts. Maybe we're not as tidy as others but...but...but we're lovable.

Rylee:

(after thinking it all over a moment) Of course you're lovable, you're all lovable. Why you are the sweetest animals I've ever known. Even you, Caitlin. I never meant to hurt you. I was trying to help you make the most of yourselves.

Danielle:

I guess every one of us could use some improving.

Rylee:

But, we'd like to do it on our own and in our own way. We don't like to be told how.

Rachel:

Why not think about the things you like about us, Rylee. Not about the things that you wish were different.

Danielle:

I'm reliable and strong.

Rachel:

And I am sweet and kind.

Caitlin:

And I'm...Well, I'm...I'm...

Rylee:

You're you Caitlin. There's no one quite like you in the whole camp. Or you, Rachel. Or you, Danielle. And I am glad I know each of you because you are each special.

Rachel:

So are you Rylee, because you care about us. And caring is what friends are for. (all four huddle together in friendship).

Danielle:

Without friends who care, a camp is just a place to live.

Rylee:

But with friends like you, a camp is a wonderful place.

NATURE'S FRIENDS DISCUSSION QUESTIONS

1. What was the problem that each animal had with Rylee the raccoon?
Danielle the Deer

Rachel the Rabbit

Caitlin the Chipmunk

2. Think about what happened in the Nature's Friends skit. When have you felt like.....?

Danielle

Rachel

Rylee

Caitlin

3. How did the animals work together to solve the problem?

4. How are the animals better friends by solving the problem together?

5. What did you learn from the Nature's Friends skit?