

## Girl Scouts of Greater Chicago and Northwest Indiana's



# Patch Program



### Program Objective:

When a Girl Scout has completed her **Super Gold Power Patch**, she will have gained an understanding of the history of the Highest Award in Girl Scouting, played fun games that include real-life examples of Bronze, Silver, and Gold Award projects with deep impact, and used her imagination and creativity to dream big about how she can change the world. Finally, girls will also create their own one-of-kind superhero comic strip and emblem!

### Program Duration:

Approximately 2 hours, depending on size of troop.

**Required Supplies Needed for each Girl Scout:** Handouts from Additional Materials PDF; Coloring and Writing Supplies; Superhero Comic Strip packets.

**Optional Additional Supplies:** Big paper to write down group brainstorming.

**Note to Brownie Troop Leaders:** Based on your troop, you may find that activities for either the Daisy/Brownie or Brownie/Junior Super Gold Power Patch Program will be best suited for you.

# Super Gold Power Patch Program

## Daisy & Brownie Curriculum

Complete the activities below to earn your Super Gold Power Patch!

### Required Activity #1

#### Discover: Superhero Relay Race

Duration: 10 to 15 minutes.

**Materials Needed:** Room large enough for girls to make their way from one end to the other.

In this activity, girls will engage in a fun, physically active relay race to get them moving and grooving, and to get their imaginations fired up about superheroes.

**Small Troop** (less than 10 Girl Scouts): Compete as one team! Complete the relay race in under three minutes.

**Large Troop** (more than 10 Girl Scouts): Split into two or more teams! Compete against each other to see which team finishes the fastest.

Set up the parameters for the relay race: One chair at one end of the room is the starting point where the line is formed, and the wall at the other side is what they have to touch before turning around and heading back. Before you start the race, read out loud the different Relay Race moves (below). Practice each move as a group. Then, start the race! Shout out the next move as the girls complete each lap.

#### Relay Race Moves:

- ★ Do a Big Bear Crawl! This is walking on all fours but with your limbs semi-straight. It's hard!
- ★ Crawl like a Hero in a Half Shell! This is the classic "Crab Walk" where you are heading backwards and scuttling – almost a backwards Bear Crawl.
- ★ Superheroes have to navigate crazy terrain – do the Army Crawl in case you need to be ready to go underground!
- ★ Costume Change! Prepare for the quick changes necessary for heroism. Before you start, have each girl take one shoe off and put it in a large pile at the wall. During the race, the girl must run to the shoe pile, find her shoe, put it on, and run back!
- ★ Hero and Sidekick! Two girls link arms back-to-back and walk the lap!
- ★ Add on as many ideas as you would like!

## Optional Additional Activity #2

### Connect: Superheroes Close To Home

Duration: 15 – 20 minutes

Materials Needed: Family Portrait Handout, coloring supplies.

In this activity, girls will go from the big picture idea of superheroes – flying, lifting up cars, reading minds – to thinking about everyday heroes that are close to home.

Hand out the Family Portrait paper and coloring supplies, and have them start illustrating their family. Explain that there are ways everyone in their family is a hero – for example, does your brother or sister make sure to feed your guinea pig for you if you're at sports practice? Does one of your parents help your grandma get to doctor's appointments? Maybe even your family pet is a hero! As the girls color their family tree, have them fill in the sentence, "I'm a superhero because..." for each person or animal they illustrate.

## Required Activity #3

### Connect: Girl Scouts In Action

Duration: 20 minutes

Materials Needed: Handouts of Girl Scouts in Action comic strips; big paper.

In this activity, girls will see for themselves how Girl Scouts are heroes. In comic-book style panel illustrations of standout Bronze, Silver, and Gold projects, girls will see a visual representation of the impact girls and troops have had on their communities. Then, using a fun game, they'll learn some history about the Highest Awards and key facts to remember!

Hand out the Girl Scouts in Action comic strips. Explain that now you are going to talk about ways that Girl Scouts are superheroes – just like the crazy made up ones, and just like some of their very own family members.

As a group, read the Bronze Award comic strip. Then, ask the group the following questions:

- ★ Who is this comic strip about?
- ★ How would you describe the heroes in this comic strip? Brave? Smart? Passionate? Funny?
- ★ What kind of problem did they solve?

Follow the same steps for the Silver Award and Gold Award comic strips.

For the Gold Award discussion, hand out the Highest Award word search (included in the Additional Materials PDF). While the girls complete the word search, explain that 2016 is the 100<sup>th</sup> anniversary of the Highest Award in Girl Scouting – and that over a million girls across the country have done a Gold Award project since 1916! Ask key questions of the girls while they work – all the answers are on the word search sheet!

Suggested Questions:

- ★ What was the very first name of the Highest Award? *Answer: Golden Eaglet*
- ★ How old do you have to be to earn your Gold Award? *Answer: Senior/Ambassador Level*
- ★ What was the Highest Award called in 1980? *Answer: The Gold Award*
- ★ What's the most important part of earning the Bronze, Silver, or Gold Award? *Answer: Leadership*

## Required Activity #4

### Take Action: Draw Your Own Comic Strip & Superhero Logo

Duration: 15–20 minutes

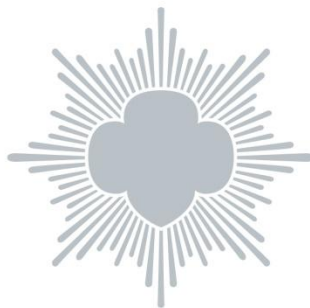
Materials Needed: Printouts of comic strip templates, drawing and coloring supplies.

Now it's time for your troop to imagine what *their* Bronze Award project might look like! First, they'll use the Sensational Superhero Sheet to explore what they're passionate about and how they want to help their community. Then, they'll move on to the comic strip template.

Hand out the Sensational Superhero Sheet, and guide them through the questions and answers. Give them five minutes to draw their very own Superhero Emblem.

Next, using the comic strip templates (included in the Additional Materials PDF) and the example comics from the previous step, create a group project idea with a beginning, middle, and end. Explain it as a "Before," "During," and "After" – for example, if they want to create a book drop in a local business, the first panel would be discovering that it's needed, the second panel them putting it in, and the last panel the book drop in action!

Take time to go around and share everyone's drawings and ideas. Then – congratulations! Your troop has earned their Super Gold Power Patch!



# **Super Gold Power Patch Program**

## **Brownie/Junior Curriculum**

Complete the activities below to earn your Super Gold Power Patch!

### **Required Activity #1**

#### **Discover: Superhero Relay Race**

Duration: 10 to 15 minutes.

**Materials Needed:** Room large enough for girls to make their way from one end to the other.

In this activity, girls will engage in a fun, physically active relay race to get them moving and grooving, and to get their imaginations fired up about superheroes.

**Small Troop** (less than 10 Girl Scouts): Compete as one team! Complete the relay race in under three minutes.

**Large Troop** (more than 10 Girl Scouts): Split into two or more teams! Compete against each other to see which team finishes the fastest.

Set up the parameters for the relay race: One chair at one end of the room is the starting point where the line is formed, and the wall at the other side is what they have to touch before turning around and heading back. Before you start the race, read out loud the different Relay Race moves (below). Practice each move as a group. Then, start the race! Shout out the next move as the girls complete each lap.

#### Relay Race Moves:

- ★ Do a Big Bear Crawl! This is walking on all fours but with your limbs semi-straight. It's hard!
- ★ Crawl like a Hero in a Half Shell! This is the classic "Crab Walk" where you are heading backwards and scuttling – almost a backwards Bear Crawl.
- ★ Superheroes have to navigate crazy terrain – do the Army Crawl in case you need to be ready to go underground!
- ★ Costume Change! Prepare for the quick changes necessary for heroism. Before you start, have each girl take one shoe off and put it in a large pile at the wall. During the race, the girl must run to the shoe pile, find her shoe, put it on, and run back!
- ★ Hero and Sidekick! Two girls link arms back-to-back and walk the lap!
- ★ Add on as many ideas as you would like!

## Optional Additional Activity #2

### Discover: Collaborative Superhero Creation

Duration: 10-15 minutes

**Materials Needed:** Collaborative Superhero example print out; blank templates for each Girl Scout.

In this activity (inspired by the surrealist 1920s Dadaist art movement), girls will create wild and wacky illustrations of superheroes!

Share the example of the Collaborative Superhero included in the Additional Activities PDF. Explain that this drawing game involves each person drawing a head, then passing it to the next person, who will draw the body, and then passing it to the next person, who will draw the feet. But, there's a catch! No one knows what anyone else has drawn, because once you have drawn your head, you will fold the paper before passing it to the next person! Same goes for the torso that you draw – after you complete it, you will fold it and pass it to the next person, who will then draw the feet!

Remind the girls that these superheroes can completely imaginary – human, plant, animal, alien - and have any powers they would like!

When everyone has a completed Collaborative Superhero, unfold and share the (often hilarious) results with the group! If you have time, give each superhero a fun name!

## Required Activity #3

### Connect: Girl Scouts In Action

Duration: 20 minutes

**Materials Needed:** Handouts of Girl Scouts in Action comic strips; big paper to write down key facts; Highest Award crossword.

In this activity, girls will see for themselves how Girl Scouts are heroes. In comic-book style panel illustrations of standout Bronze, Silver, and Gold projects, girls will see a visual representation of the impact girls and troops have had on their communities. Then, using a fun game, they'll learn some of the basics of the history of the Highest Awards and key facts to remember!

Explain that now you are going to talk about ways that Girl Scouts are superheroes – just like the crazy made up ones, and just like some of their very own family members. Hand out the Bronze Award comic strip. After they have read the first comic strip and the facts, either ask who would like to read out loud some of the facts on the paper, or pick a few to read out loud as a group. Start jotting down what they choose to share. Next, ask essential questions about the story. These questions could include:

- ★ Who is this comic strip about?
- ★ How would you describe the heroes in this comic strip? Brave? Smart? Passionate? Funny?
- ★ What kind of problem did they solve?



Follow the same steps for the Silver Award and Gold Award comic strips.

For the Gold Award discussion, hand out the Highest Award crossword (included in the Additional Materials PDF). While the girls complete the crossword, explain that 2016 is the 100<sup>th</sup> anniversary of the Highest Award in Girl Scouting – and that over a million girls across the country have done a Gold Award project since 1916! Ask key questions of the girls while they work –all the answers are on the crossword!

Suggested Questions:

- ★ What was the very first name of the Highest Award? *Answer: Golden Eaglet*
- ★ How old do you have to be to earn your Gold Award? *Answer: Senior/Ambassador Level*
- ★ What was the Highest Award called in 1980? *Answer: The Gold Award*
- ★ What's the most important part of earning the Bronze, Silver, or Gold Award? *Answer: Leadership*

## For Juniors – Optional Additional Activity #4

### Connect: Venn Diagram

Duration: 10 minutes

Supplies Needed: Venn diagram worksheet, writing supplies.

In this activity, Girl Scout Juniors will start the brainstorming for their Bronze Award project. They will explore things they love to do, where they perceive need in their community, and how to create a Bronze Award project about what they are passionate about and where there is the most need.

Hand out the Venn Diagram worksheet. Explain that in the left circle, girls will list things they love to do or are passionate about. Give examples like sports, family, animals, or reading. Give the girls a few minutes to fill in the left side. Then explain that in the right circle, they will list needs that they see in their community. Ask the girls to visualize a walk in their neighborhood, or their bus ride home from school. Do they see people in need? Animals in need? Public spaces (such as a playground) in need? Give them a few minutes to fill in the circle on the right with the needs they see in their community.

Explain that their Bronze Award project is going to meet right in the middle of those two circles: it will be something they are passionate about and love to do, and it will meet a need in their community. You can provide an example such as: "If you are passionate about animals, and see that there are dogs at a shelter that need to be adopted, your Bronze Award project might be working with the shelter to have a special adoption fair."

Ask girls to share what they put on their Venn diagram, and if they already have ideas for their Bronze Award project!

## Required Activity #5

### Take Action: Draw Your Own Comic Strip & Superhero Logo

Duration: 15 – 20 minutes

Materials Needed: Printouts of comic strip templates, drawing and coloring supplies.

Now it's time for your troop to imagine what *their* Bronze Award project might look like! First, they'll use the Sensational Superhero Sheet to explore what they're passionate about and how they want to help their community. Then, they'll move on to the comic strip template.

Hand out the Sensational Superhero Sheet, and guide them through the questions and answers. Give them five minutes to draw their very own Superhero Emblem.

Now, using the comic strip templates (included in the Additional Materials PDF) and the example comics from the previous step, create a group project idea with a beginning, middle, and end. Explain it as a "Before," "During," and "After" – for example, if they want to create a book drop in a local business, the first panel would be discovering that it's needed, the second panel them putting it in, and the last panel the book drop in action!

Take time to go around and share everyone's drawings and ideas. Then – congratulations! Your troop has earned their Super Gold Power Patch!

