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# The Dragonfly Foundation: Overview

The Dragonfly Foundation helps pediatric cancer patients and their families find strength, courage, and joy. We do this by providing emotional, relational, and practical support. Since 2010, Dragonfly has supported thousands of kids and adults. We have worked to develop and enhance quality of life programs at partner hospitals in Cincinnati and Dayton, OH and Chicago, IL. Dragonfly programs include:

## **Patient & Family Programs**

- Gifting
- Multiple Weekly Events
- Urgent Needs
- Life Logistics
- Resource Books
- Adopt-a-Family

## **The Landing & Dragonfly Suite at Heritage Bank Center**

- Scheduled Events
- Open Play

## **Hospital Programs**

- Care Bags
- Urgent Needs
- Technology
- Community Connections
- I Am Still Me®
- Beads of Courage®

## **Dragonfly's Student Programs & Girl Scout Partnership**

Dragonfly's Student Programs help school-age kids learn to use their time, talents and connections to help make the world a kinder, more compassionate place, particularly for our Dragonfly families. Students become ambassadors for Dragonfly while they bring kindness, compassion, and philanthropy programming into their homes, schools and communities.

Dragonfly's Student Programs align perfectly with the Girl Scout Law (to be friendly and helpful, considerate and caring, courageous and strong, respectful of self and others and to make the world a better place)! The Dragonfly Patch incorporates the Girl Scouts' motto to Discover, Connect and Take Action. We believe that our partnership with Girl Scouts will make a very positive and powerful difference in our community.

## **Patch Requirements**

Girl Scouts can earn the Dragonfly Patch on their own, but it is more fun to work with others! We encourage girls to work together to earn the patch! Many of the requirements to earn the Dragonfly Patch will also help girls work towards earning Daisy Petals and other badges for older Girl Scouts, as noted throughout!

Dragonfly Patch workshops, fun half-day classes, will hopefully be offered soon in the Chicagoland area at various times throughout the year. During these events, girls can participate in discussions, activities, and challenges that will complete the patch requirements. Please check postings on social media, your local Council office and your Adventure Guide for details or [PatchProgram@dragonfly.org](mailto:PatchProgram@dragonfly.org) with questions.

In order to earn your Dragonfly Patch, the following lessons will need to be completed. Each lesson is related to: Gratitude, Empathy, Kindness, Respect and Teamwork & Leadership. The girls will also:

- **Discover** what each of the 5 characteristics mean,
- **Connect** with their troop (or a group of friends) to help them understand each topic and
- **Take Action** using what they learn! In addition, to completing 5 lessons, there is one additional "Take Action" challenge required to earn the Dragonfly patch.



# Lesson 1: Gratitude

## Have an attitude of Gratitude

“Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.”  
— Henri Frederic Amiel

### Discover - What is gratitude?

**Daisies & Brownies:** Ask your leader, your teacher or an adult “What does gratitude mean to you”?

**Juniors, Cadettes, Seniors and Ambassadors:** Compare the definitions of “grateful” and “thankful”. Discuss with friends: *How is being grateful different than being thankful?*

**Leaders:** Open the discussion with explaining that “gratitude” is so much more than saying thank you...it’s also about demonstrating how thankful you are! Saying “Thank you” is an expression of thanks; showing “gratitude” is an action that goes beyond words.

*How do we show others our gratitude?* It all starts by being thankful. Name 3-5 things and/or people that you are thankful for.

### Connect – Explore the importance of gratitude!

Discuss the following questions:

- **Why** should we show gratitude?
- **How** can you show gratitude?

Leaders: discuss with the girls a few examples (Older girls can be asked to make their own connections!):

- If your parent, teacher, or older sibling takes time to help you understand your homework, tell them “thank you.” Now that you understand your homework, help a friend learn it too, or simply share your time with them!
- If your coach spends extra time with you to help you understand a play or technique, say “thank you”! Repay the kindness by practicing a little more and share the new skill with a teammate and help them as well!

**Activity** – Choose one of these exercises to practice showing gratitude.

### **Conduct “A Gratitude Experiment”**

Supplies needed: A piece of paper and crayons/markers or a pen/pencil.

- 1) Close your eyes and think of a person who has helped you and you and the reason why you are thankful for their help.
- 2) Let that person know how thankful you are!
  - a. **Daisies and Brownies:** Draw or paint a picture to share how that person has helped you and how it makes you feel!
  - b. **Juniors, Cadettes, Seniors & Ambassadors:** Write a letter and let them know the impact they have made in your life.
- 3) Take the time to visit that person (if they live nearby) or call them. Mail or email your letter or art to them. Let them know how grateful you are for the impact that they have had in your life.
- 4) Know that your gratitude will have a positive impact on that person!

### **Make a Gratitude Gift**

Supplies needed: A box or jar, slips of paper, and a pen/pencil. Recycle an empty Girl Scout cookie box, a clean jar or make a book yourself! Ribbons or stickers to decorate!

Share your feelings with loved ones and show your gratitude with a Gratitude Gift. Write down messages of gratitude and share your gift from the heart!

If you're not sure how to start, here are some suggestions to begin:

- "Thank you for..."
- "What I appreciate/love about you..."
- "My holiday wish for you..."
- "You have impacted my life with/by..."
- "I am a better person for knowing you because you have taught/showed me...."

Consider collecting messages from others about your chosen person to include with your gift and to show your gratitude (maybe for your leader, a guest speaker that came to your meeting, a parent/grandparent, or teacher). Place the message(s) in the container, wrap it up or decorate it with art or stickers. The person who receives this special gift of gratitude is sure to treasure it!

### **BADGE OPPORTUNITIES:**

**Brownies** – Work to earn your Painting Badge!

Paint a picture and give it as a gift to show your gratitude and share your talents with someone as part of The Gratitude Experiment!

**Juniors** – Work to earn your Social Butterfly Badge by completing The Gratitude Experiment

Step 4 – Say Thank you – handwrite a thank you note, make a thank you gift!

## Lesson 2: Empathy

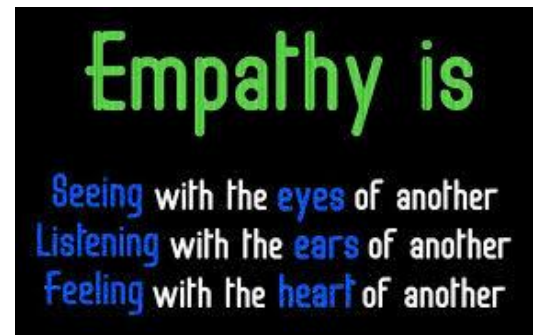
### Discover - What is Empathy

**Daisies & Brownies:** Ask your leader or an adult to discuss what this means and share examples of ways to show empathy.

**Juniors, Cadettes, Seniors & Ambassadors:** Discuss the difference between compassion and empathy. Watch the Empathy

Video: <https://www.youtube.com/watch?v=aU3QfyqvHk8>

- **Compassion** is the ability to feel concerns, sympathy or sensitivity for another living being.
- **Empathy** is the ability to not only understand another's feelings, but to put yourself in their situation or circumstance and to imagine what they're feeling.



**Connect** – “Empathy can change the world, starting with just one person. And that one person could be you.”

Discuss this statement with your friends and together, answer the following questions:

- *How can you change the world by showing empathy towards others?*
- *How does it make you feel when others show empathy towards you?*

### **Activity** – Put Yourself in Someone Else’s Shoes

Participate in a Challenge Course with a partner to allow each person to experience the challenge, then discuss. (NOTE: Adult supervision is required! Please be aware of your surroundings and make sure to protect participants so that no one gets hurt. Do not do these activities near steps or ledges.)

- *How does it feel to see someone struggling with challenges?*
- *How did you feel when you experience the challenges or obstacles?*
- *How did it feel to have someone help you during your challenges?*

#### Station 1: Vision impairment

Supplies needed: goggles with blurry lenses (use glue or paint on outside of lenses to obscure vision) or wear a blindfold)

- 1st Attempt: Have each girl attempt to walk freely around on her own wearing the blindfold or goggles. If space is limited, another option is to have the girls attempt to read a sentence while wearing the vision impairment goggles.
- 2nd Attempt: Have another girl help/guide them around or assist with reading the sentence.

#### Station 2: Wheelchair or Crutches Mobility

Supplies Needed: cones or toys to create a maneuverability course, wheelchair or crutches.

- 1st Attempt: Have one girl use wheelchair or crutches and move about the course on her own. See if she can get through the course without knocking over any cones or running over obstacles!
- 2nd Attempt: Have another girl help her through the course.

#### Station 3: Dexterity

Supplies Needed: Arm sling or bandage to immobilize an arm, large gloves, toothbrushes, toothpaste, shirts with buttons

- 1st Attempt: Have each girl take turns opening the toothpaste, applying toothpaste to toothbrush, and buttoning up shirt while wearing the gloves or a sling on an arm.
- 2nd time: Have another girl help her with each task.

### **BADGE OPPORTUNITIES:**

**Daisies** – Work to earn your Sunny (yellow) petal!

Be friendly and helpful with your partner as you work together through the challenge course.



## Lesson 3: Kindness

*"Have courage and be kind for where there is kindness, there is goodness and where there is goodness there is magic" - Cinderella*

### **Discover – What is Kindness? Why should we be kind?**

**Daisies and Brownies:** Discuss how it makes you feel when someone does something kind for you – or when you do something kind for another person!

**Juniors, Cadettes, Seniors & Ambassadors:** Research the effects of kindness on the body and brain!

A good resource to explore is <https://www.randomactsofkindness.org/the-science-of-kindness>

### **Connect – How can you spread kindness?**

Make a list of at least 10 ways you can be kind to another person. Think about how you can be kind at home, at school and in your community! Work together to come up with ideas of kind acts that the group can do – or has done for others – or acts of kindness someone has done for those in the group!

### **Activity – Make magic happen and create the ripple effect of kindness!**

Discuss the following questions:

- *What happens when you have the courage to be kind to another person?*
- *How does the person react?*

Kindness causes a "Ripple Effect" – it's almost like magic! Your kind action will make someone feel happy, loved or inspired! It will most certainly cause that person to be nicer or happier! They are also more likely to do something kind for someone else! You don't need a magic wand or a rabbit to pull out of a hat – just good words and deeds to make the world a better place!

Every day for one week, be courageous and try something new! Do something kind for someone and see how it makes you and them feel!

### **BADGE OPPORTUNITIES:**

**Daisies** – Work to earn your Zinni (light green) petal!

Be kind and practice the "art of sharing"!

**Brownies** – Work to earn your Girl Scout Way badge.

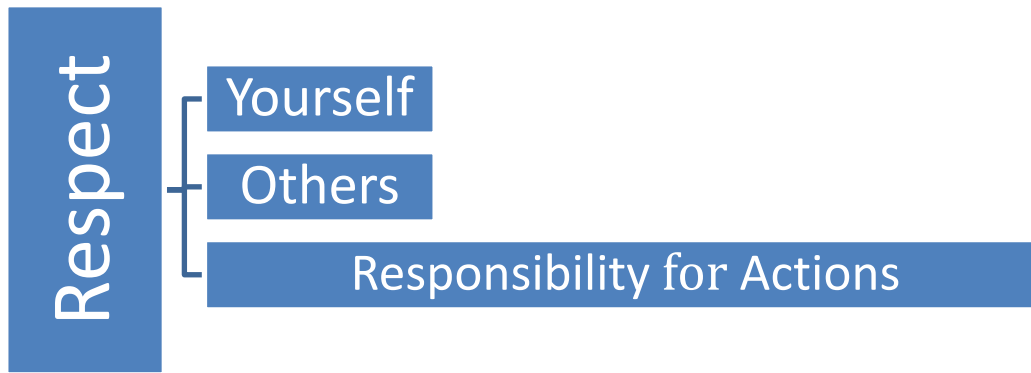
Step 4 Leave a Place Better than you found it! Clean up after your meeting, at school, an event, or at your friend's home or your own!

Work to earn your Snacks badge by making a healthy snack and share a treat with your family or friends!

**Juniors** – Work to earn your Simple Meals badge

Make a healthy meal for your family or friends and spread a little kindness!

# Follow the 3 R's



## Lesson 4: Respect

*“Follow the three R’s: Respect for Self, Respect for Others, Responsibility for all your Actions”*  
- Dalai Lama

### Discover – What is respect?

**Leaders:** Allow the girls to provide their thoughts of what they think respect means. Discuss that respect is treating people, places, and things with kindness.

- Respect starts with YOU! It is important to have respect for yourself!
- Respecting others includes having good manners and saying things like “please” and “thank you”, listening quietly when others are speaking, and acknowledging their ideas.
- Respect also includes appreciating that others may have different opinions, beliefs, interests, or passions in life. It is the differences that make us unique and make the world more exciting!

Discuss what the world would be like if we all played the same instrument, only ate one type of food, dressed or could only paint in one color. Then have everyone discuss why differences make the world better and more interesting.

### Connect – Have the girls recite the Girl Scout Law

**Leaders:** See if the girls make the connect with: “Respect myself and others, respect authority”

**Daisies & Brownies:** Discuss how you can show respect for yourself and give examples (i.e. make healthy choices, believe in yourself). Discuss how you respect others, including people of authority.

**Juniors, Cadettes, Seniors & Ambassadors:** Discuss the importance of treating yourself with respect. Ask the girls to share ways that a negative self-image might impact relationships. (It’s hard to be nice to others if you aren’t nice to yourself first.)

**Activity** – Here are a few exercises to choose from to help teach “Respect of Self”, “Respect of Others” and “Responsibility for Actions”!

### Respect Creativity!

Supplies Needed: Poster board and markers

Use your artistic talent to help teach others about respect!

- Create a song, dance, poem, skit or “positivity Poster” that helps tell others about respect. Use words or images of ways to show respect.
- Think of the following questions as you create your artistic interpretation of what respect is about.
  - *To whom must we show respect?*
  - *Can we only respect other people?*
  - *How can we show respect for others?*
  - *What happens when we do/don't show responsibility?*

### **Positive Self Activity**

Supplies Needed: Paper, pens/pencils

Answer the following questions by completing the sentences with words or pictures. Be creative and make a visual Self Respect poster of what you value about YOURSELF!

- I was happy when...
- Something that my friends like about me is...
- I'm proud of...
- I make others proud of me when I...
- In school, I'm good at...
- Something that makes me unique is...

### **BADGE OPPORTUNITIES:**

**Daisies** – Work to earn your Mari (orange), Gerri (magenta) and Gloria (purple) petals!

Show that you are “responsible for what I do and say, respect authority and respect myself and others”!

**Brownies** – Work to earn your Girl Scout Way Badge

Step 3 - Make up a game about your favorite line of the Girl Scout Law (Respect myself and others)!

**Juniors** – Work to earn your Girl Scout Way badge

Create a song to help teach others about respect!

**Cadettes** – Work to earn your “Finding Common Ground” badge

Get to know someone different from you (background, belief or opinion).



# Lesson 5: Teamwork & Leadership



“A leader is about embracing the talents of your team.” – Shelley Broader, CEO

## **Discover – Qualities of teamwork and leadership**

**Leaders:** Discuss the following questions:

- *What makes a good team?*
- *What makes a good leader?*
- *What would a team be without a leader?*
- *Can a team have more than one leader?*

We have all been part of a team at some point (sports, dance, games, cookie sales)! Discuss the qualities of what it takes to be a good team and what values a good leader shares with her team. Think of a team that you have been on and share some details about what made the team successful. Share information about someone who has been a good leader in your life.

**All Girls** (for the younger ages you can do this activity as a group): Write an acrostic poem to define “TEAMWORK” or “LEADER” using what you have shared in your discovery discussion! Using each letter of the word, think of a word or short phrase that defines this value. What characteristics were needed to show “teamwork” or being a “leader”? For example, if you choose to write the poem using the word TEAMWORK; T is for talent, E is for ears that listen... or if you choose LEADER; L could be for listens to ideas, E could be for energy.

## **Connect – Teamwork makes the dream work!**

Develop a plan, with friends who have different interests and talents, and decide how you can embrace the differences to make the best possible outcome for your team, event or project. (Work as a team for the “Take Action” part of this patch!!) Consider creating a successful cookie sale, raising awareness for a cause that’s important to you, setting-up an event to help someone in need.

How can you use the talents of everyone to work together as a team to make a difference?

## **Team Activity – Try one of these activities to help better understand teamwork!**

(NOTE: Adult supervision is required! Please be aware of your surroundings and make sure to protect participants so that no one gets hurt. Do not do these activities near steps or ledges.)

### **Make a Human Pyramid or Tower of Toys**

Get a group of people or stackable toys of different shapes and sizes. In a large open space attempt to build a pyramid!

After you build the pyramid, discuss the following questions:

- *What happens when you take the person or an item off the bottom or out of the middle?*
- *What does it take to make a human pyramid strong and stable?*
- *Were there any leaders on your team that helped make it successful?*

### **The Human Knot**

Divide into 2 teams of at least 4 people. Have each team stand in a circle. Players put both hands in the middle, then grab hands with two other people in the group. The teams must work together to untangle themselves without letting go of anyone’s hand. The team that finishes first wins!

Now form one big team and try to get your human knot untied!

After you try to get untangled, discuss as a group:

- *What helped the team that won?*
- *Did they communicate with each other?*
- *Did anyone lead the team to help or did everyone work together?*

**BADGE OPPORTUNITIES:**

**Brownies** – Work to earn your “Fair Play” badge by completing The Human Knot activity!

**Cadettes** – Work to earn your Good Sportsmanship badge by taking teamwork a step further and creating your definition of sportsmanship!

## Take Action:

Now let's take what you have learned about Gratitude, Kindness, Empathy, Respect and Teamwork and take action to make the world a little better



**Daisies and Brownies** – Work together as a group to raise awareness for a cause you want to support. (We hope the Girl Scouts will elect to support Dragonfly, but any cause/nonprofit can be selected!)

- Make a video to teach others about a cause that you want to support, write a poem or make up a play! Share this with your family, friends and with other Girl Scouts to help raise awareness!
- Think of a way that you can help show your support for the cause and take action!

**Juniors, Cadettes, Seniors, and Ambassadors** - Plan and host an event to help raise awareness for something that the girls are passionate about in the name of Dragonfly! Work with family or friends to make it more fun!

- Think of ways to support a cause that you believe in, consider volunteering at an event, collect needed items, show your support, tell others about the organization's mission, help raise awareness and support the cause!

### **BADGE OPPORTUNITIES:**

**Daisies** – Work towards earning your Vi (violet) petal by being a sister to every Girl Scout and creating an action to help others in need.

OR work toward earning your Rosie (rose) petal by taking action to help make the world a better place!

**Brownies** – Work towards earning your Philanthropist badge!

Create a service project or volunteer to help support the cause you are passionate about!

**Juniors** – Work towards earning your Budgeting badge – Explore different ways to give!

For Girls in the Greater Cincinnati Area, if you are interested in helping Dragonfly directly or volunteering at a Dragonfly event as your "Take Action" project, please visit [dragonfly.org](http://dragonfly.org) for upcoming events and opportunities or contact [PatchProgram@dragonfly.org](mailto:PatchProgram@dragonfly.org). We are currently growing the program in the Chicagoland Area and hope to have opportunities soon. Please email [chicago@dragonfly.org](mailto:chicago@dragonfly.org) with questions.

## Highest Award Opportunities:

Dragonfly would be happy to support any Girl Scouts who are working towards their Bronze, Silver, or Gold Award. Please contact a Dragonfly staff member at [PatchProgram@dragonfly.org](mailto:PatchProgram@dragonfly.org) with your ideas about ways that you can work with Dragonfly to achieve your highest award individually or with your troop.



# Dragonfly Girl Scout Patch Order Form

Thank you for choosing to learn more about The Dragonfly Foundation and helping us work together to bring more kindness, have more compassion, treat ourselves, as well as others, with respect and to make the world a better place! Please complete the information below to receive your Dragonfly Girl Scout Patch! Patches will be mailed to the address provided on this form.

**Leader/Contact name:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Program Level:** Daisy      Brownie      Junior      Cadette      Senior

**# of patch(es) earned** \_\_\_\_\_

**Troop #** \_\_\_\_\_ **Council name:** \_\_\_\_\_

**Mailing Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip Code** \_\_\_\_\_

**Phone** \_\_\_\_\_

\*For Cincinnati troops, please email your order form to: [PatchProgram@dragonfly.org](mailto:PatchProgram@dragonfly.org)

\*For Chicagoland troops, please email your order form to: [Chicago@dragonfly.org](mailto:Chicago@dragonfly.org)

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Again, we want to **thank you** for helping your troop earn Dragonfly Girl Scout Patches!

We would greatly appreciate if you would be willing to share your thoughts on how we can make the Dragonfly Patch Program even better. Please share your comments below and feel free to reach out to us with any questions or comments!

- 1) Please share a little about the activities or events your troop chose to complete? What was your Take Action project?
- 2) What did the girls enjoy most about this program? What did they enjoy least?
- 3) Would you recommend the Dragonfly Patch Program to other Girl Scout troop leaders? Why or why not?