



Attitude of Gratitude Patch Program

Gratitude is the process of giving thanks or appreciation for things you already have. Expressing gratitude often inspires a person to return the kindness by showing appreciation. Showing appreciation is important to building positive relationships, especially with those who volunteer their time. Being appreciative is also good for the one who shows thanks! Thankfulness can reduce depression, lessen anxiety, support heart health, relieve stress, and even improve sleep*.

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

Complete required activities 1 and 2. Then choose one more activity from 3-5.

1. Discuss the question: What is appreciation?
2. Discuss the question: What is a volunteer?
3. Think about the people who volunteer with Girl Scouts (the Fall Product Manager, the Cookie Manager, parents or other adults who drive you to activities, or anyone else who may help make meetings or events happen). What makes these volunteers special? How can you show them your appreciation and make them feel special for their help?
4. Think about people who volunteer in other areas of your life. Maybe there are people in your faith community, at a local animal shelter, food pantry, or other local organization. Why do you think people give of their time to help in those places? How do you think they might like to be thanked for their service?
5. Research or ask someone: What is volunteer appreciation month? When is it? Can you think of ways to celebrate it?

Connect

Complete required activities 1 and 2. Then choose one more activity from 3-5.

1. Discuss the question: Why is it important to show appreciation to people who help us?
2. Identify a person in your life who is a volunteer: Who is this person? What volunteer work do they do?
3. Brainstorm two or three creative ways you can thank a volunteer you know, that would be meaningful to them. Then pick one and do it.
4. Create a card, poster, or banner that shows how much you appreciate a volunteer in your life and give it to them.
5. Brainstorm some ways you could celebrate volunteer appreciation month in your community.



Take Action

Choose any two activities.

1. With the help of an adult, look up and learn to say “thank you” in three different languages. Make a short video using your new “thanks yous” to thank a volunteer in your life.
2. Make “thank you” swaps and give them out to volunteers in your community.
3. Perform a random act of kindness in honor of a volunteer in your life. Take a photo or draw a picture to represent what you did and share your story with that volunteer.
4. Find a local organization that is supported by volunteers (maybe one you have worked with already on a badge or community service project, or one that lets Girl Scouts use space for your meetings). Learn how you could help with an appreciation activity in their honor.
5. Learn about the ways that Girl Scout volunteers can be appreciated through council awards. Fill out a **“Just Say Thanks” form** for at least one adult who helps support Girl Scouts in some way.
6. Post a message of thanks on our **Kudoboard** for Volunteer Appreciation Month.

Patches are available for purchase in the Girl Scouts GCNWI shop.

Visit **shop.girlscoutsgcnwi.org** and search “Attitude of Gratitude”



Cadette, Senior, and Ambassador Requirements

Discover

Complete required activity

1. Then choose two activities from 2-4.

1. Research organizations in your community that rely on volunteers and learn why volunteers are so important to supporting their work.

2. Research what types of appreciation is most effective and the appropriate (or right) time to recognize.
3. Learn about what Volunteer Appreciation Month is and brainstorm some ways that you might celebrate it.
4. Brainstorm a list of ways that volunteers could be appreciated that don't cost anything.



Connect

Complete required activity 1.

Then choose two activities from 2-5.

1. Chat with a volunteer in your life and find out what they like best about volunteering. Find out: Why they became a volunteer? Are there any challenges to being a volunteer?

2. Write a letter, poem, or song, or create a piece of art to show how volunteers have made an impact on you, personally. Share it with at least one volunteer in your life.
3. Create a word cloud (WordClouds.com) with positive words that describe one of your volunteers and present it to them.
4. Brainstorm two or three creative ways you can show appreciation to volunteers in your life. Pick your favorite and do it.
5. Make a special effort to thank and show appreciation to a variety of volunteers in your life at least once or twice a week during the month of April (Volunteer Appreciation Month) – or some other specified amount of time.

Take Action

Complete required activity 1. Then choose two activities from 2-5.

1. Find a quote about gratitude that speaks to you. Post it where you will see it for daily inspiration. Post it in at least one place where it will also inspire others.

2. Plan a service project in honor of a volunteer in your life. What are ways to incorporate things they like – or work on a cause or with an organization that is special to them?
3. Celebrate Volunteer Appreciation Month by hosting an appreciation event for a local organization.
4. Work with younger Girl Scouts to teach them about appreciation for the volunteers that impact their lives.
5. Learn about volunteer awards given in your community. Nominate someone you know for a local volunteer award or recognition.
6. Learn about Girl Scout Volunteer Recognitions by visiting girlscoutsgcnwi.org/recognition. Are there individuals that you might be able to nominate, such as someone who volunteers with your Girl Scout activities? Maybe the Cookie Manager, Fall Product Manager, any adults who may have helped you with the Bronze, Silver, or Gold Awards, parents or other adults who drive you to activities, or anyone else who may help make your meetings or activities happen. Is there someone that volunteers their time with Girl Scouts or another organization that should be recognized? Select one person and nominate them for an award.