

Girl Power Can't Be Quarantined patch program

This five-part program is designed to engage girls in grades K-12 who are practicing social distancing because of COVID-19. Each activity is designed for a girl to accomplish at home with support from her parent/guardian. The activities can be done in one day or split into multiple days. After completing all five parts, girls may request a complimentary patch (pictured here); see page 3 for details.



Part 1

Discover

Learn more about germs.

- Use age-appropriate sites (for example <https://kidshealth.org/en/kids/germs.html>) to explore information about germs. Learn about ways germs spread, treatments for different types of germs and how to prevent the spread of germs.
- Draw a picture of a germ.

Connect

Share what you have learned and learn from others.

- Learn about the work of Mary Hunt, Elizabeth Bugie and June Almeida.
- Talk with your family about ways that you can

prevent the spread of germs. Come up with ways that you can help each other.

- Use the chart at the top of page 2 of this publication to explain how each action fights the spread of germs.

Take action

Develop a plan.

- Develop a plan to help your family and friends slow the spread of germs.
- Share your plan in a creative way: video, poster, skit, song, story or other mode.

Explain how each action fights the spread of germs (for Part 1: Connect).

not touching your nose, eyes or mouth	
washing your hands	
covering coughs and sneezes	
staying at home when sick	

Part 2

Discover

Learn about the effect of germs on your community.

- Explore the visitation procedures that local retirement facilities and nursing homes have implemented during the COVID-19 pandemic.
- Why have these procedures been put into place? How will they help the people who live there? Are there other things that could help?

Connect

How would this impact you?

- Talk with your family and friends about how this might affect you if you were in the same situation.
- Think of ways that you might connect with people in retirement facilities and nursing homes while still social distancing.
- List some of the fears people have regarding COVID-19. Research these fears and learn about the facts. Make your own chart to organize these fears and facts. Here's a sample chart:

fear	fact

Take action

Develop a plan.

- Put your plan in place.
- Here are some possible ideas to spread good cheer: write letters to residents, set up a FaceTime/video chat so you can talk with residents, share videos of you singing camp songs.

Part 3

Discover

Learn about types of self-care.

- Explore healthy foods that can boost your immune system.
- Learn about ways that you can reduce stress — meditation, yoga, exercise, etc.
- List ways that you take care of yourself on a daily basis.

Connect

Talk with others.

- Talk with your family or friends about what they are doing at this time to ensure that they are physically and mentally healthy.
- Create a checklist of important self-care items for you each day.

Take action

Complete one of these actions:

- Create a new recipe for a healthy snack that boosts your immune system. Share it with your family. **OR**
- Develop a plan to help reduce stress. Share it with your family. **OR**
- Create a schedule that will help you take care of yourself.

Part 4

Discover

Learn about things you can do while social distancing.

- Create a list of activities that you can do while still social distancing. There are many ideas online.
- Try some of the ideas you find. Are they helpful?
- Are there activities that you find helpful that aren't listed online? What are those activities?

Connect

Ask friends or family for ideas.

Connect with friends or family to see what ideas you can come up with together that you can try while social distancing.

Take action

Share your ideas.

Get creative in how you share your ideas: video, poster, skit, song, story or other mode.

Part 5

Discover

Learn about the nature around your home.

- Even while social distancing, there is no need to be stuck inside. Venture out of your home into your own backyard. Take a close look at the sky, trees, grass and wildlife you find.
- Use the chart on the last page of this publication to go on a backyard scavenger hunt.
- If you find something you have not seen before, then figure out what it is by researching online.

Connect

Share the things you found.

- Show your family what you found in your own backyard.
- Take pictures and post online to share with your friends.

Take action

What could you do to enhance your outdoor experience?

- What could you do to make your backyard a more enjoyable space?
- Consider making your own scavenger hunt that could be shared with other people in your neighborhood.
- Do your flower beds need to have weeds removed? If you see a backyard problem, then take action to be the solution.

Congratulations!

You have earned the Girl Power Can't Be Quarantined patch. Girl Scouts of the Commonwealth of Virginia will send a



complimentary patch to our members who complete this patch program. To request, email your name, number of patches needed, troop number and mailing address by May 31 to gsshop@comgirlscouts.org.

Explore nature in your backyard with this scavenger hunt; describe what you find.

Find and identify an insect.

Describe today's clouds.

How many flowers or other plants can you identify?

How many different types of trees can you identify? How do you know they're different?

Are there any animal habitats? This could include pets.

Use something in your backyard to create art: draw a picture, build a house, make a sculpture. Use only what you find in your backyard to create the art.

Girl Scouts of the Commonwealth of Virginia

Activities like this patch program are part of the Girl Scout Leadership Experience, which prepares girls for a lifetime of leadership, success and adventure. Girl Scouting empowers girls to discover, connect and take action.



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Founded in 1913, Girl Scouts of the Commonwealth of Virginia is 17,400 members strong — more than 12,000 girls in grades K-12 and 5,400 adults who believe in the power of every G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)TM to change the world. The mission of Girl Scouts is to build girls of courage, confidence, and character, who make the world a better place. As the preeminent leadership development organization for girls, Girl Scouts offers every girl a chance to practice a lifetime of leadership, adventure and success.