

# GRATITUDE IS THE WAY

### Badge Discovery Kit Activity Guide

## All Ages

#### Please complete the following activities to achieve the patch requirements:



#### Friendship: Cadettes, Seniors, and Ambassadors

#### Learning about Friendship and creating Friendship bracelets

Time to learn about the importance of friendship. Being a good friend requires kindness. You will answer some questions about friendship while learning what true friends are for each other. After learning about friendship and, you will create a friendship bracelet give your best friend.



#### Learning about Kindness: All Ages

Learn about ways to be Kind and bring Kindness to each other.

Learning about kindness is important because there are different ways you can show kindness to people. You will discuss a situation when you disargeed with a friend and be shown ways to show kindness to others.



#### Friendship: Daisies, Brownies and Juniors

#### Learning All About My Friend

Get ready to learn all about your friends. By completeing the all about my friend worksheet. You will introduce your friends and share what you learned about them. Then you will write a letter to a friend to show how much you care about them. The youtube videos on friendship will teach you more about what it means to be a good friend.



#### **Etiquette: All Ages**

### Learning about Manners and showing respect

This fun activity will help you learn more about manners. Teaching you how to say please and thank you. Learning how to have email etiquette. You will participate in fun activities such as tea parties and making charts.



#### Friendsgiving: All Ages (Optional)

Share some amazing Dishes and gather around the table with friends.

You are going to celebrate friendship and throw your own friendsgiving party. Girls will play fun activities such as Rose, Thorn, and Bud. At the end you will exchange recipes and vote on who had the best snack or dish.



#### **Gratitude: All Ages**

#### Learn about the benefits of Gratitude

Gratitude is about grounding yourself and focusing on the good. It can help build higher self-esteem. You will pratice different ways to show gratitude like saying the things you are grateful for before bed.