



KINDNESS BADGE *Requirements*



courageconfidencecharacter



DAISIES

GOAL:

*Learn about kindness
and practice being
Intentionally Kind.*

1 Hear the story of Ben's Bells founder

- ☐ **Choose a story** to listen to from the Ben's Bells website. Have an adult find and read aloud these stories:

<https://bensbells.org/about-us/founder>

<https://bensbells.org/stories>

Talk about these stories with your group. What do they have in common? How do you think the people in the stories felt when something kind happened? How do you think Jeannette Maré feels about her son Ben's story being shared?

2 Create a mural

Ben's Bells creates murals that serve as a reminder to "be kind".

- ☐ **Create your own "mural"** with a 'be kind' message. This can be temporary or a permanent addition to your meeting space based on your location. Please get permission if it is a permanent addition to the meeting space.

3 Practice being kind

REQUIREMENTS CHOOSE ONE:

- ☐ Is there someone new in your school or on your sports team? You can be kind by eating lunch with them, introduce them to others and play with them at recess.

- OR -

- ☐ Visit a Ben's Bell's location and ask a staff member to talk about what it means to be kind.

- OR -

- ☐ With your Daisy troop, come up with a skit that you can share with friends and family about being kind. If you have a large troop, feel free to split into several groups and work on multiple skits.

4 Act.

REQUIREMENTS CHOOSE ONE:

- ☐ Invite a representative from Troop 347 to visit, Skype or Google Hangout with your troop. Ask them questions you have come up with about the 'be kind' movement. Requests should be sent to troop347@gmail.com.

- OR -

- ☐ Or, invite a Girl Scout Council staff member to visit your troop. This representative will speak about Kindness in our Community and your participation in the Kindness Challenge.

- OR -

- ☐ Choose ten people to write or draw:
 - "Kind" note
 - "Thank You for Your Kindness" note, or
 - "I'm Sorry" note

Deliver it to the people and see how they react to your act of kindness!



DAISIES



BROWNIES

GOAL:

Learn about Ben's Bells and Intentional Kindness.

1 Learn More About Ben's Bells

REQUIREMENTS DO AT LEAST ONE:

- ☐ *Hear the story of Ben's Bells Founder* and choose another story to listen to from the Ben's Bells website. Have an adult find and read aloud these stories:
<https://bensbells.org/about-us/founder>
<https://bensbells.org/stories>

After reading these stories, discuss with your troop the following questions: what is *Intentional Kindness*? How is this different from how a person might normally act? Come up with three ways that you can be intentionally kind the next day.

-OR-

- ☐ *Complete Ben's Bells' "Meaning of Kindness" activity.*

-OR-

- ☐ *Invite a representative from Troop 347* to visit, Skype or Google Hangout with your troop. Prior to the troop meeting, come up with a list of questions that you have about Ben's Bells. Have you seen the "be kind" stickers on cars? Why do you think they are on cars? Where have you seen "be kind" murals? Requests should be sent to troop347@gmail.com.

-OR-

- ☐ *Invite a Girl Scout Council staff member* to visit your troop. This representative will speak about Kindness in our Community and your participation in the Kindness Challenge.

-OR-

- ☐ *Visit Ben's Bells.* If you live near a Ben's Bells studio, plan a visit to the Ben's Bells workshop. If you don't live near a Ben's Bells studio, have an adult help you find the Ben's Bells website and see if you can make your own kindness coins:

<https://bensbells.org>

-OR-

- ☐ *Complete Ben's Bells' "Tracking Kindness" activity*

2 Practice Intentional Kindness

CHOICES DO AT LEAST ONE:

- ☐ *Complete Ben's Bells' "Kindness Dilemmas" activity.*

-OR-

- ☐ *Complete Ben's Bells' "Assuming Good Intentions" activity.*

-OR-

- ☐ *"Chalk" "be kind" flowers* at your school, place of worship, or community center (after receiving permission from the proper authority) providing a visual reminder for everyone to be kind.

-OR-

- ☐ *Choose ten people* to write or draw a:
 - "Kind" note
 - "Thank You for Your Kindness" note, or
 - "I'm Sorry" note

Deliver it to the people and see how they react to your act of kindness!



BROWNIES



BROWNIES

3 Share

CHOICES DO AT LEAST ONE:

☐ With permission from your teacher, have at least two members of your troop *share the importance of kindness* in a presentation to your class

- OR -

☐ Using Ben's Bells kindness coins, "be kind.step up!" bracelets, or another item that your troop designs, recognize and pass on kindness to others:

[bensbells.org/kindness-education/
be-kind-step-up](https://bensbells.org/kindness-education/be-kind-step-up)

- OR -

☐ Sign up to take the #bekindchallenge with your troop, or participate in the challenge at your school. Organize a time to fill out #bekindchallenge slips and display your #bekindchallenge chain:

bensbells.org/bekindchallenge

- OR -

☐ If you live in Tucson, *nominate someone who spreads kindness* for the Weekly Belling Program to recognize their kindness:

<https://bensbells.org/nominate-bellee>



Cadette
Troop 347
with Debbie
Rich, CEO,
Girl Scouts
of Southern
Arizona, 2015



Troop 347 as Brownies with Jeanette
Maré when they were "belled" in 2012

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JUNIORS

GOAL:

Learn about Ben's Bells and Intentional Kindness.

1

Investigate Ben's Bells

REQUIREMENTS CHOOSE ONE:

- ☐ *Read the story of Ben's Bells Founder* and choose another two stories to read and discuss from their website. Obtain permission to use the internet from an adult before using this website:

<https://bensbells.org/about-us/founder>

<https://bensbells.org/stories>

After reading these stories, *discuss with your troop* the following questions: What is Intentional Kindness? How is this different from how a person might normally act? Come up with three ways you can be intentionally kind for the next week at home, school, and somewhere else.

- OR -

- ☐ *Complete Ben's Bells' "Meaning of Kindness" activity.*

- OR -

- ☐ *Invite a representative from Troop 347* to visit, Skype or Google Hangout with your troop. Prior to the troop meeting, come up with a list of questions that you have about Ben's Bells. Have you seen the "be kind" stickers on cars? Why do you think they are on cars? Where have you seen "be kind" murals? Requests should be sent to troop347@gmail.com.

- OR -

- ☐ *Invite a Girl Scout Council Staff member* to visit your troop. This representative will speak about Kindness in our Community and your participation in the Kindness Challenge.

- OR -

- ☐ *Visit Ben's Bells.* If you live near a Ben's Bells studio, plan a visit to the Ben's Bells workshop. Interview one of the staff members or volunteers. If you do not live near a Ben's Bells studio, have an adult help you find the Ben's Bells website:

<https://bensbells.org>

After this, complete Ben's Bells' "Tracking Kindness" activity.

2

Practice Intentional Kindness

REQUIREMENTS CHOOSE AT LEAST TWO:

- ☐ If you live near a Ben's Bells Studio, *volunteer during open studio hours* and help make Ben's Bells *or check out a "to go box"* to take to your meeting. Volunteer information:

bensbells.org/make-bens-bells

The "to go box" program allows you to bring Ben's Bells activities to your work, school, home or other event. "To go boxes" are packed with the necessary materials and detailed instructions. All you need to provide is a space to work and bowls of water. All finished products and extra materials are returned to Ben's Bells.

- OR -

- ☐ *Participate in Kindness Activities* over the course of 2 weeks. All documents are at: <https://bensbells.org/kindness-education>

Complete Ben's Bells':

- "Kindness Dilemmas" activity
- "Meaning of Kindness" activity
- "Tracking Kindness" activity
- "Assuming Good Intentions" activity



JUNIORS



JUNIORS

- OR -

☐ **"Chalk" 'be kind' flowers** at your school, place of worship, or community center (after receiving permission from the proper authority) providing a visual reminder for everyone to be kind. Create a stencil of this flower so that others may continue to add flowers into the future.

- OR -

☐ **Choose ten people to write or draw:** a "Kind" note, a "Thank You for Your Kindness" note", or an "I'm Sorry" note. Deliver it to the people and see how they react to your act of kindness!



Share what you've learned

REQUIREMENTS CHOOSE ONE:

☐ With permission from your teacher, **share the importance of kindness** in a class presentation.

- OR -

☐ **Using Ben's Bells kindness coins**, 'be kind. step up!' bracelets, or another item that your troop creates, recognize and pass on kindness to others:

[bensbells.org/kindness-education/
be-kind-step-up](https://bensbells.org/kindness-education/be-kind-step-up)

- OR -

☐ **Sign up to take the #bekindchallenge** as a troop, or participate in the challenge at your school. Organize a time to fill out #bekindchallenge slips and display your #bekindchallenge chain:

bensbells.org/bekindchallenge

- OR -

☐ **Create a kindness tree** at your school, community center or place of worship, providing Ben's Bells flower templates so others can share their thoughts about kindness. Post completed flowers on the tree and watch kindness bloom throughout the year.

- OR -

☐ If you live in Tucson, **nominate someone who spreads kindness** for the Weekly Belling Program to recognize their kindness:

<https://bensbells.org/nominate-bellee>

If you do not live in Tucson, work with your troop to **create a weekly program** using local resources to recognize Intentional Kindness in your school, church, or other community.



JUNIORS



CADETTES

GOAL:

Learn about Ben's Bells, Intentional Kindness and lead others towards implementing concepts of the Ben's Bells movement into an event or sustained activity.

1 Investigate Ben's Bells

REQUIREMENTS CHOOSE TWO:

- ☐ *Investigate the story of Ben's Bells* using their website. Based on this investigation:
 - What is the Mission of Ben's Bells?
 - Who is the Executive Director?
 - What do Ben's Bells symbolize?
 - What is a non-profit organization?
 - How can your troop help make this mission sustainable?

- OR -

- ☐ *Research Intentional Kindness.* Ask an adult for permission to use a computer and search for information about the science of happiness and Intentional Kindness. Does kindness look the same across cultures? What impact does kindness have on an individual? A family? How is kindness quantified? Who in your community spreads kindness? In what capacity do they spread kindness? Find a Kindness Role Model.

- OR -

- ☐ *Complete Ben's Bells' "Meaning of Kindness" activity.*

- OR -

- ☐ *Discover what inspired Troop 347* to become leaders in the Intentional Kindness Movement in Tucson Arizona. Requests should be sent to troop347@gmail.com.

- OR -

Invite a Girl Scout Council Staff member to visit your troop. This representative will speak about Kindness in our Community and your participation in the Kindness Challenge.

- OR -

- ☐ *Complete the Ben's Bells' "Meaning of Kindness" activity*

- OR -

- ☐ *Visit Ben's Bells.* If you live near a Ben's Bells studio, plan a visit to the Ben's Bells workshop. Interview one of the staff members or volunteers. If you do not live near a Ben's Bells studio have an adult help you find the Ben's Bells website or set up a phone/SKYPE interview:

<https://bensbells.org>

After this, complete Ben's Bells' "Tracking Kindness" activity.

2 Act

Spread Intentional Kindness. Identify an Issue in your community that can be positively changed by Intentional Kindness.

REQUIREMENTS CHOOSE TWO:

- ☐ If you live near a Ben's Bells Studio, *volunteer during open studio hours* and help make Ben's Bells or check out a "to go box" to take to your meeting. Volunteer information is available at:

www.bensbells.org/make-bens-bells

- OR -

- ☐ *Complete the following* Ben's Bells activities:

- Kindness Dilemmas
- Meaning of Kindness
- Tracking Kindness
- Assuming Good Intentions



CADETTES



CADETTES

- OR -

- ☐ **Create a Kindness Game** with your troop. This can be used to teach others about Intentional Kindness and can serve as a reminder for your troop.

- OR -

- ☐ **Create a kindness tree** at your school, community center or place of worship, providing Ben's Bells flower templates so others can share their thoughts about kindness. Post completed flowers on the tree and watch kindness bloom throughout the year.

- OR -

- ☐ **Challenge your troop or school** to take the #bekindchallenge. Sign up to take the #bekindchallenge with your troop, or participate in the challenge at your school. Organize a time to fill out #bekindchallenge slips and display your #bekindchallenge chain : www.bensbells.org/bekindchallenge

3

Share!

REQUIREMENTS CHOOSE ONE:

- ☐ Once you've completed your project, **create a short video or mixed media piece** that inspires other kids your age to become philanthropists and practice Intentional Kindness. Send your project details and your inspirational video to the council office and to Ben's Bells so that we can help share your impact with our community!

- OR -

- ☐ If you live in Tucson, **nominate someone who spreads kindness** for the Weekly Belling Program to recognize their kindness: <https://bensbells.org/nominate-bellee>
If you do not live in Tucson, work with your troop to create a weekly program using local resources to recognize Intentional Kindness in your school, church, or other community.

- OR -

- ☐ **Volunteer to present** to a younger troop of Girl Scouts about the "be kind" movement. Come up with an activity for them to learn about and practice Intentional Kindness.

- OR -

- ☐ **Take a "to go box"** or your troop's kindness game to spread the message of Intentional Kindness. The "to go box" program allows you to bring Ben's Bells activities to your work, school, home or other event. "To go boxes" are packed with the necessary materials and detailed instructions. All you need to provide is a space to work and bowls of water. All finished products and extra materials are returned to Ben's Bells.



CADETTES

**You might also be interested in
these other Learn Local patches:**



Angel Philanthropy



Tu Nidito Memory Beads

