

## Be Kind Girl Scouts

Girls of all levels can earn the *Be Kind* fun patch by spreading kindness from home. Even during challenging times, Girl Scouts can show kindness that makes the world a better place!



You can do one of the activities below or you can think up your own totally unique way to spread kindness!

- Make an uplifting card to send to a nursing home\*
- Make a card to appreciate first responders or medical staff\*
- Pick up trash in your neighborhood
- Write kind messages in chalk for your neighbors to see while walking
- Paint a rock and surprise a neighbor by leaving it in their yard
- Send a kind card to a family member or friend

Want to share how you're spreading kindness? Email [mmyers@girlscoutssouz.org](mailto:mmyers@girlscoutssouz.org) and we will share your photo on our social media!

The *Be Kind Girl Scouts* patch can be purchased in the shop when we are open to the public again.

\*You can email your cards to Maggie at [mmyers@girlscoutssouz.org](mailto:mmyers@girlscoutssouz.org), and we will distribute them to nursing homes, hospitals, and first responders around Southern Arizona.