

Celebrate Kindness Patch Program



In honor of World Kindness Day on November 11, we encourage our Girl Scouts to celebrate kindness! We've all heard it before: the world needs more kindness. But the truth is, being kind takes desire, awareness and initiative. So, let's get intentional about our acts of kindness.

World Kindness Day is a holiday that promotes the importance of being kind to each other, to yourself, and to the world. The purpose of this day is to help everyone understand that kindness is what binds us all together, and to work on intentional acts of kindness. This understanding has the power to bridge the gap between nations.

Steps to earn your Celebrate Kindness patch:

- Complete the required activities in Part A and Part B.
- [Order your patch](#) (available while supplies last)!

Part A – Acts of Kindness

Do a Good Turn Daily

The Girl Scout slogan is “Do a good turn daily”. This means doing something every single day that can make a difference in the world. That can be as big as making a sustainable change through a highest award project or as small as keeping a bedroom clean.

Requirements

- Do at least one good turn of kindness for 7 days in a row.
- Use the 100 Acts of Kindness List and Special Holiday List to help you think of good turns you can do for others.
- At the end of your seven days, hold a discussion, day of service, or ceremony focused on what you did, and how it made you feel. Were there changes within you or others?

Part B – Inspire Kindness

Take the next step of this challenge by encouraging others to spread kindness. Complete one of the following activities:

- Chalk the walk at a church, school, local business, or your neighborhood (examples included).
- Recruit a group of people to participate in a community service project together.
- Teach someone younger about the importance of kindness and help them to do acts of kindness.
- Make a poster to promote kindness and share it with others. Ask permission to hang it up at school, your church, or display at home for your neighborhood to see.
- Talk to your teacher or school principal about hosting a kindness project for the whole class.

100 Acts of Kindness for Kids

1. Hold the door open for someone.
2. Do a chore for someone without them knowing.
3. Spend time at a nursing home/assisted living facility/veteran's home participating in one of their resident activities.
4. Offer to help your Girl Scout leader at your meeting. Older girls can offer to help another troop with their meeting.
5. Make someone smile by telling a joke.
6. Return someone's cart at the store.
7. Put change in a vending machine for the next person.
8. Give candy to your bank teller.
9. [Leave a letter](#) in a library book.
10. Feed the birds.
11. Leave [happy notes](#) around town.
12. Put a small bin in your car to collect recycling.
13. Call your grandparents and ask them about their childhood.
14. Pick up litter on your school playground.
15. Let someone go ahead of you in line.
16. Compliment a friend.
17. Wash someone's car.
18. Write a thank you note for your mail carrier.
19. Bake dessert for a neighbor
20. Walk dogs at the animal shelter.
21. Check in on an elderly neighbor.
22. [Send a card](#) to a service member.
23. Bury treasure at the playground.
24. Set the table for dinner.
25. Make a gift for your Girl Scout leaders.
26. Leave bubbles on someone's doorstep.
27. Tell someone why they are special to you.
28. Donate outgrown clothes.
29. Pass out stickers to all the kids in your class.
30. Talk to someone new at school.
31. [Write chalk messages](#) on the sidewalk.
32. Weed or shovel for a neighbor.
33. Donate food to the food pantry.
34. Write out the recipe for a special family food item and share it with others
35. Make [Mason Jar mixes](#) and gift them to the busy people in your life.
36. Bring flowers to your teacher.
37. Tell a manager how good your service was.
38. Offer to help with extra cleaning at your Girl Scout meeting location.
39. Tape change to a parking meter.
40. Donate socks and supplies to the homeless shelter.
41. Read a book to someone.
42. [Leave heads up pennies](#) on the sidewalk.
43. Donate a book to an after-school program in your town.
44. Tell someone how much you love them.
45. Host a tea party for your friends
46. Say hello to everyone you see.
47. [Make holiday decorations](#) for a nursing home or veterans home.
48. Make someone else's bed.
49. Hold the door open for someone.
50. Wave at kids on school buses.
51. [Plan a Friendsgiving](#) event with your troop, family or neighborhood.
52. Sing songs at a nursing home/Veteran's Home.
53. Invite someone to play on the playground.
54. Tell the principal how great your teacher is.
55. Donate a toy to Toys for Tots or similar organization.
56. Clean up litter in your neighborhood.
57. Say thank you when you see service members.
58. [Fill a kindness jar](#) with candy for another family.
59. [Make a thank you sign](#) for sanitation workers.
60. Make a busy bag for a family with young children.
61. Bring cookies to the custodian.
62. Make "I'm Thankful For You Because..." cards for those you are spending Thanksgiving with.
63. Help make dinner.
64. Donate new pajamas for foster kids.
65. Make a get well card for someone.
66. Bring your neighbors' garbage cans up for them.
67. Take care of someone's pet while they're away.
68. Clean up your room without being asked.

69. Tape a video message for faraway friends or family.
70. Leave [kindness stones](#) at the park.
71. Give a candy bar to the bus driver.
72. Send dessert to another family at a restaurant.
73. Share extra school supplies with a school.
74. Make treats for local fire or police department.
75. Teach someone something new.
76. Give someone [a hug coupon](#).
77. Help prepare and/or serve food with a charity that feeds those in need
78. Write a positive note for someone's lunchbox.
79. Donate coloring books and crayons to a children's hospital.
80. Write a poem for a friend.
81. Ask for donations instead of birthday gifts.
82. Help someone unload groceries at the store.
83. Make a [candy gram](#) for the police department.
84. Adopt an animal online.
85. Make door hangers for a nursing home/Veteran's home.
86. Have a smiling competition.
87. Clean up your toys without being asked.
88. Deliver water bottles to the homeless shelter.
89. Create activity bags for families of deployed soldiers.
90. Give high fives to a friend.
91. Teach songs to new Girl Scouts.
92. Make a thank you card for your librarian.
93. Dry the slides at the park with a towel after it rains.
94. [Make play dough](#) for a preschool class.
95. Send a postcard to a friend.
96. Talk to a classmate who isn't a friend and ask about their day.
97. Tell a family member or friend 5 reasons you love them
98. Share positive quotes on your social media every day for the 7 days
99. Make [hot chocolate packs](#) for your Girl Scout troop or classmates
100. Smile at everybody. It's contagious.

Special Holidays in November

November 1

- National Cook For Your Pets Day
- National Family Literacy Day

November 2

- National Deviled Egg Day
- National Stress Awareness Day

November 3

- National Sandwich Day

November 4

- National Candy Day
- National Day of Community Service

November 5

- National Chinese Take Out Day

November 6

- National Ladies Learning Code Day

November 7

- National Cancer Awareness Day
- National Hug a Bear Day

November 8

- National Cappuccino Day
- National Parents as Teachers Day

November 9

- National Fried Chicken Sandwich Day

November 10

- Forget Me Not Day
- National Vanilla Cupcake Day
- Sesame Street Day

November 11

- Veterans Day

November 12

- National French Dip Day

November 13

- National Hug a Musician Day
- World Kindness Day

November 14

- International Girls Day
- National Pickle Day

November 15

- America Recycles Day
- National Bundt Day
- National Philanthropy Day

November 16

- National Button Day
- National Fast Food Day

November 17

- National Baklava Day
- National Homemade Bread Day

November 18

- Apple Cider Day
- National Princess Day

November 19

- National Play Monopoly Day

November 20

- National Peanut Butter Fudge Day

November 21

- National Gingerbread Cookie Day
- World Hello Day

November 22

- Love Your Freckles Day
- Go For A Ride Day

November 23

- National Espresso Day
- National Jukebox Day

November 24

- Thanksgiving

November 25

- Native American Heritage Day

November 26

- International Cake Day
- Small Business Saturday

November 27

- National Bavarian Cream Pie Day

November 28

- National French Toast Day

November 29

- Giving Tuesday
- National Lemon Cream Pie Day

November 30

- National Mousse Day

Inspiring "Chalk the Walk" Ideas

