

Service Sampler

Fall School 2006

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The Girl Scout Promise

On my honor, I will try;
To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law.

The Girl Scout Law

I will do my best:
To be HONEST & FAIR,
FRIENDLY & HELPFUL,
CONSIDERATE & CARING,
COURAGEOUS & STRONG,
And RESPONSIBLE for what I say & do.
And to RESPECT myself and others,
RESPECT authority,
Use RESOURCES wisely,
Make the WORLD a better place.
And be a SISTER to every Girl Scout

Service

- ❖ to others is giving of ourselves
- ❖ helps shape a better community, nation and world
- ❖ is the lifelong responsibility of every citizen;
- ❖ is one of the Girl Scout foundation elements

Service to helps girls grow in maturity by learning to think of others beside themselves by...

- ❖ giving without of being paid
- ❖ learning to be aware of other's needs for service
- ❖ thinking of service as an ongoing responsibility

*Service is inherent in the Girl Scout program. It is stated as part of our Promise as well as part of the Girl Scout Law. When we promise to "help people at all times", we need to realize that there is much that is needed within our communities. Making girls aware of what is needed in **your** community is one way to build responsible future members of that community.*

"Give to another human being without the expectation of a return."

Author: Bill Bradley

Girls like service projects where they can see what a difference they are making. Girls like to meet the people they are helping. Plan for "Just Because Days" -- not necessarily only at holiday times. People need attention all year! When collecting goods for organizations, call first to see what they need, what they will & won't accept, and when they want it. Food banks usually appreciate food drives as late in the school year as possible because supplies run very low then. Watch out for picking up organizations to help from the Internet if you have no other recommendation. Donations that involve shipping can run into a lot of expense. Many organizations -(nature center, hospital, shelters, etc) have a wish list - call and get ideas For more information on Service Projects: [Girl Scouts USA \(http://www.girlscouts.org\)](http://www.girlscouts.org)

Service projects should....

- ❖ Stretch understanding beyond family and troop into a wider world
- ❖ Teach joy of giving of oneself rather than giving things
- ❖ Help understand the feelings and needs of others
- ❖ be appropriate for the age and ability of the girls
- ❖ be an extension of the troop's program
- ❖ be in keeping with Girl Scout policies and health and safety standards (Blue Book of Basic Documents and Safety-Wise)
- ❖ utilize skills that girls have already learned
- ❖ encourage a growing willingness to help others
- ❖ be planned by GIRLS in a PARTNERSHIP WITH ADULTS
- ❖ be of value to the receiver, fill a need
- ❖ hold a promise of fun and adventure for the girls
- ❖ help reinforce the Promise and Law in the minds of the girls

Please remember...Girl Scouts cannot solicit money for any other organization.

A fundamental part of Girl Scouting is undertaking service projects in the community. Service means doing something helpful without asking for or expecting a reward. Through service projects girls can have fun, learn new skills and information and provide assistance to others. Service projects may be an element of a try-it or patch.

When doing a service project be sure to always follow the guidelines set forth in Safety-wise!

Tips for planning a service project:

1. Identify community problems or needs
2. Evaluate practical aspects of a project to meet needs.
3. Commitment! Do the project.
4. Also consider contacting local media to promote public awareness of Girl Scout service to the community. Contact council Director of Communications, Ann van den Hurk, for help with media coverage when doing a service unit service project.

How to plan a service project

1. Brainstorm
2. List the talents the GIRLS have

3. Decide on one thing
4. Decide what organization needs your help
5. Plan
6. Get help or advice
7. Go ahead!
8. Let others know what you're doing. If you can do it maybe they could too. There's a lot to do!
9. Take a look at what you're doing. How do you feel about it? A sharing of the GIRLS' feelings is important.

Daisy Projects

Projects should be meaningful to the girls, short in duration, part of troop activities, or in partnership with older girls.

- Recycle newspapers
- Assist in a community clean-up day.
- Collect mittens for a shelter
- Make holiday cards for retirement home residents
- Collect mittens for a shelter
- Recycle cans
- Collect and clean clothing or toys for a community shelter for homeless families.

Brownie Projects

Plan the project as a group. Some possible tie-ins can be made with the following Try-It badges: Animals, Earth is Our Home, Outdoor Fun, Plants, Water Everywhere, Caring & Sharing, Around the World, Citizen Near and Far, People of the World. You may think of others.

- Plant trees and flowers
- Adopt a Grandma
- Pet visitation for Senior Citizens
- Food Drive
- Make ornaments & sing carols at nursing home
- Donate teddy bears to children at shelter
- Clean-up school playground
- Make holiday table decorations for retirement home
- Donate cleaning supplies to Family Services
- Send Valentines to Veterans
- Assist with household chores for those who aren't able to them
- Collect pet food for the Animal Shelters
- use some of cookie profits to purchase toys for the Ronald McDonald House

Service Project for Juniors, Cadettes, and Seniors

Project ideas can be also be found in your handbooks. Some possible Junior badges are Making Decisions, My community, You and Your Community.

- Help in community library
- Tutoring
- Community clean-up
- Maintain a section of mountain trail (older girls)
- Flag ceremony for a sporting event

- "Trick or Treat, So other's can eat" Food Drive
- Help prepare and serve a Senior Citizens breakfast
- Assist with a fund-raising run, such as the Women's Run or Cancer Run

Some other suggestions:

Remember service needs to be age appropriate

- Birthday boxes or bags
- Everything needed for a birthday! People who frequent the food bank have birthdays too! Items for kid boxes: invitations, goodies, goodie bags, cake mix, disposable cake pan, canned frosting, juice boxes or soda, candles, table cloth, napkins, plastic silverware, plates, cups, hats, noise makers, balloons, confetti, and a small gift or gift certificate for the birthday child. Items for adult boxes: cake mix, cake pan, frosting, candles, plasticware, etc.
- Kid fun kits
- For children in hospitals (wards, emergency rooms, waiting areas) and in shelters, homeless or battered women's centers. Busy Bags: stickers, crayons and coloring book pages, markers, small toys (e.g. McDonalds prizes), puppets, books, puzzles and puzzle books, deck of cards, home-made joke book, home-made journal, pencils, paper, stamps, stickers, lotion, envelopes, small books, special note from the giver. Make up labels for the bags that say "We hope you feel better, from Brownie Troop #___". Craft Kits: easy, non-messy projects, like pony beads & gimp or seed bead pins Sibling Packs: small toy and things for the kids to do while visiting hospitalized children
- Adult fun kits
- For VA hospital, shut-ins, etc. adult type word search, paper, pens, pencils, writing paper, crossword puzzles, books, videos, hot chocolate and hot cider packets, microwave popcorn, hard candy, greeting cards, small games, magazines, etc.
- Outdoor activities boxes
- Fun Kits: bubbles, yo-yo, paddleball, sidewalk chalk, jump rope, jacks, Frisbee, soccer ball, kick ball, bouncing ball, whiffle bat/ball, football, scoop/toss game, plastic horseshoe game
- Rainy day boxes
- Crayons, markers, paper, glue stick, scissors, watercolors, glitter, stickers, Play-Doh, Silly Putty, puzzle books, deck of cards
- Book bags
- Put together school bags for the children's shelter (they always have "new" arrivals and they need the supplies for them).
- Crisis comfort kits
- For children who are removed from their homes and placed in foster care. So many times this is done on an emergency basis and the child has no time to gather belongings; and often there is nothing suitable to bring. So the kits provide necessities depending on the gender and age group you select to make a kit for. Anything to make them feel more at home in the new surroundings. Use duffel bags, back packs or suitcases as containers
- Infants/toddlers baby powder, disposable diapers, baby wipes, blankets, socks, bottles; toiletries, baby board books and homemade fabric touch & feel books, "onesies", newborn outfits, shampoo, bibs, diaper rash ointment, booties, bath toys, stuffed animal, rattles or other items needed for a new baby. You can make these as fancy or plain as you like.
- Preschoolers - Grades K-2 - Grades 3-5 - Middle school - brush, deodorant, toothpaste, toothbrushes, brush and comb, shampoo, personal hygiene items, and even a small stuffed animal

- High school -lip gloss, nail polish, emery boards, hair brush, comb, scrunches, hair clips, butterfly clips, a journal & pen, deck of cards, teen magazines, puzzle books, chapter books.
- Personal care kits:
- Toothbrushes, toothpaste, deodorant, sample bottles of mouthwash, brush/comb, soap, shampoo, deodorant, shave cream & razor, wash cloth, sanitary pads and small mirror, skin creams, shower caps.
- **Breakfast or snack-in-a-box**
- Many shelters serve a basic breakfast - cereal and milk. But the kids get really excited with something different and special. Round up: poptarts, cereal bars, juice boxes, things for an after school snack for the kids to get when they get "home" from school.
- **Childcare**
- Baby-sitting Service: This is a great project for older girls. Contact your local PTA and make arrangements to watch the children while the parents are in the meeting. Make sure that you take some small craft project, books, games and other things to amuse the children in your care. Make sure you plan activities that will be fun for all age levels.
- Organize a baby sitting service for leaders attending Girl Scout training events, service unit meetings.
- Organize and run a baby sitter training program.
- **Clothing**
- Instead of just gathering up old clothes and throwing them in a bag, have the girls donate one complete outfit. Their outfit could include at least two articles of clothing (matching sizes) that had been laundered and ironed and one accessory -- barrette, scarf, bottle of nail polish, belt, etc.
- Winter Clothing Drives: hats & mittens; socks & underwear; coats & jackets (-- these are not exciting items but really needed and appreciated!)
- Collect clothing and non-perishables for disaster relief.
- Collect clothes hangers to distribute to nursing homes, homeless shelters, shelters for runaways, and our hospital.
- Collect used outgrown clothes from home and donate to Goodwill/Salvation Army. Older girls could be in charge of washing/ironing/sewing on buttons, mending holes.
- **Education**
- Book drives for needy children, e.g., children's hospital/pediatric ward/shelters, sometimes school libraries. Collect books for Domestic Violence Center. Have the girls collect children's books, and read them (recording them on a cassette tape). Collect new or slightly used adult-level books (and magazines) to donate to different places (VA hospitals, Urban Ministry Centers, Homeless Centers, [prisons], etc
- Read to younger children. Organize a group of girls to run a story hour at the local library or mall. Set up a poetry reading series at the local library or mall. A Library Day! - Reading to little ones in town at library making story related crafts and games! Provide information-on-tape for visually impaired or other scouts who have difficulty reading standard handbooks/pamphlets/other written material.
- **Elderly**
- Adopt-a-Grandparent:
- Older people are a wonderful source of information and both the girls and grandparent will benefit by this experience. Adopting one senior: This can be done by contacting your local nursing homes or by adopting a senior citizen in your area that has no family and very few visitors. You should at least visit with them once a week, remember their birthday and holidays. If they are able to travel invite them to your ceremonies. If you have a large troop set up a rotating schedule for visits. Adopting a group of

- seniors: If you have your group of girl scouts visit a group of elderly people you avoid the problems of the elderly person whose girl scout didn't show up that day feeling left out, and the girl whose elderly person passes away feeling sad. You might incorporate a service project of making cards at your meetings for those that are in the nursing homes or assisted living facilities from the church. Then maybe on one or two holidays during the year (not Christmas since everyone does that) take the girls to one of the facilities to hold a tea or party for the residents. That way you are not committed to a continual trip to the facility but are remembering those that are lonely and ill monthly.
- Make a craft with local nursing home residents. Door hangers (crafts sticks glued together & painted & decorated -- each has the residents' name on it) Halloween wreaths (like Christmas wreaths but w/ Halloween figures instead) Hearts w/ tails <construction paper & tails made from tissue paper> greeting cards Christmas Angels (satin material w/ gold ribbon folded for wings & gold pipe cleaner for a halo) Sunshine suncatchers to hang in their windows
 - Make floral centerpieces for elderly housing (paper flowers, silk flowers)
 - Decorate the Senior Center with snowflakes for winter, leaves for fall, flowers for spring.
- **Events for Kids**
- Help at the local Special Olympics: In between organized events, the Scouts could run carnival type games and do face painting. Special Olympics get prizes that we give out to every child who comes and plays. Keep score.
- **Food**
- Food drives Hold food drive throughout the whole year (2 cans a month) Coordinate a food drive at a town event - Brownie Square Dance, Fun Nite, Town Bridging. At Cadette/Senior Association pizza and movie evening, admission was cans of food.
 - Soup kitchens older girls can prepare vegetables in a local soup kitchen.
- **Other ideas**
- >Refreshments Walk/Run Benefits Helpers. Water girls (handing water to the runners - trash pickers, parking lot attendants, registration booth, and prize drawing attendants -.
 - Serve cookies at your local Red Cross blood drive.
 - >Provide refreshments for the Habitat for Humanity workers.
 - >Make sleeping bags for the homeless. "Ugly Quilts" <http://www.reese.org/sharon/uglyquilt.htm>
 - >Collect pop tabs For Ronald McDonald House or Tabs for Tots
 - >Collect paper bags (or plastic) for your local food banks or churches food closet.
 - >Collect used cellular phones for abused women. Shelters reprogram them to dial 911.
 - >Develop a bicycle safety course.
 - >Promote peace and world friendship; Design a special ceremony regarding Girl Scouts and Girl Guides spreading PEACE around the world. Make and place PEACE POLES in public parks or school grounds etc.
 - >Birthplace Troop Corner projects: Have your girls make a craft item that you think other scouts would be interested in buying. When completed mail to the Birthplace. These items will be placed in the troop corner for sale. The proceeds will go to help with the upkeep of the Birthplace.
 - >Suitcases for Kids train people to automatically donate their unused suitcases, backpacks and duffels to children in foster care. <http://www.suitcasesforkids.org/>
 - >Make blankets for terminally ill children Ugly Quilts <http://www.projectlinus.org/>

Random Acts of Kindness

Help your girls to start small, help them “to help people at all times,” practice random acts of kindness.

No act of kindness, however small, is ever wasted."

Author: Aesop

Here are a few of the 100 ideas for acts of kindness from the www.actsofkindness.org website.

IDEAS FOR KINDNESS

2. Collect goods for a food bank.
5. Adopt a student who needs a friend, checking in periodically to see how things are going.
6. Volunteer to be a tutor in a school.
7. Extend a hand to someone in need. Give your full attention and simply listen.
10. Students can clean classrooms for the custodian.
12. Distribute lollipops to kids.
13. Sing at a nursing home.
14. Offer a couple of hours of baby-sitting to parents.
15. Slip paper hearts that say “It’s Random Acts of Kindness Week! Have a great day!” under the windshield wipers of parked cars.
21. Pay a compliment at least once a day.
22. Call or visit a homebound person.
23. Hand out balloons to passersby.
25. Be a good neighbor. Take over a baked treat or stop by to say “Hello.”
27. Mow a neighbor’s grass.
28. Say something nice to everyone you meet today.
31. Wipe rainwater off shopping carts or hold umbrellas for shoppers on the way to their cars.
32. Give the gift of your smile.
35. Organize a scout troop or service club to help people with packages at the mall or grocery.
36. Host special programs or speakers at libraries or bookstores.
39. Write notes of appreciation and bring flowers or goodies to teachers or other important people, such as the principal, nurse, custodian, and secretary.
41. Give a hug to a friend.
43. Write a note to your mother/father and tell them why they are special.
44. Pat someone on the back.
45. Write a thank-you note to a mentor or someone who has influenced your life in a positive way.
47. Donate time at a senior center.
50. Stop by a nursing home, and visit a resident with no family nearby.
53. Leave a treat or handmade note of thanks for a delivery person or mail carrier.
54. Give free car washes.
59. Have a clean-up party in the park.
60. Tell a bus or taxi driver how much you appreciate their driving.
64. Drop off a plant, cookies, or donuts to the police or fire department.
65. Open the door for another person.
73. Give toys to the children at the shelter or safe house.
74. Give friends and family kindness coupons they can redeem for kind favors.
75. Be a friend to a new student or coworker.
78. Offer to return a shopping cart to the store for someone loading a car.
89. Plant a tree in your neighborhood.
90. Make a list of things to do to bring more kindness into the world, and have a friend make a list. Exchange lists and do one item per day for a month.

95. Organize a clothing drive for a shelter.

Service Unit Projects

As you can see there are many, many ideas for projects for troops and service units. As a service unit you could offer a couple of projects that troops could participate in during the year. Do not be upset if all troops do not take part in your plans. Each troop has to let the girls decide what they want to do. Do encourage your leaders to present Service Unit projects to their troops, and allow the girls to decide if they want to participate.

Service Unit 629 has been offering up to four projects a year for troops to participate in, some do several some choose not to participate. We hope that they at least offer them to their girls and families. Sometimes we repeat projects and sometimes we don't. We hope that if a troop likes a project they may continue to do it on their own. During the past three years we have offered the following projects:

One Warm Coat - collecting warm coats and giving them to an organization to distribute them to people in need. We did this several years.

Project Linus – we made blankets for children in need of a big hug.

School supplies were collected for a school in Africa, we partnered with a church group that packed and shipped the supplies.

Birthday Bags, troops signed up to make them and we delivered them all at once in the spring. We did this several years in a row the second year we delivered them monthly.

Busy Bags, contained crayons, coloring books, cards and small games.

They were donated to the Ronald McDonald House to be used at the hospitals for patients and siblings. We did this for several years.

Pop Tap Collection We collected aluminum tabs and donated them to Ronald McDonald House. This grew out of a visit to the house delivering the Busy Bags and seeing big bags of tabs waiting to be picked up. We had a contest to see how many a troop could collect. We did this for one year, but still have a troop that is doing it yearly. They accept any tabs that others in the service unit bring to the meetings.

Treasure Chest this was a project to collect items for a domestic violence shelter. Our troops signed up for a month to bring such things as underwear, socks, toothbrushes, and toothpaste, soap, shampoo, brushes and combs. Projects like these often are a challenge to the shelter, they do not have a lot of storage space. That is why we did it monthly.

We have gone to Bellevue State Park and helped pull Garlic Mustard, an invasive plant.

We have made "Ugly Quilts," sleeping bags for the homeless, two years in a row

As you can see we offer the leaders of SU 629 leaders an opportunity to have their troops perform service. We found that there were lots of troops that had no idea of what kind of service they could do with their troops. We hope that by offering troops the opportunity that the girls will brainstorm other things that they could do. This year we are only offering two service projects, but in our packet we are giving troops ideas. We hope that if they plan a project, they will share the information with the service unit so that other troops could join them in their project.

Having a service unit offer projects for the entire group is a big undertaking, but well worth the effort. In our service unit these opportunities have been made possible because of the efforts of a few dedicated volunteers. I feel that they have raised the awareness of all of our leaders to the need to provide service opportunities to their girls.

This year SU 629 is providing every troop with a Community Service Report Form. The plan is create a file to share with all of our volunteers.

Service Unit 629 Community Service

Please share your troops service projects.

Who or where did you perform service?

Phone: (contact information)

Date of service

Age level appropriate for: D B J T A

Brief description:

Rate this service project



Submitted by _____ Troop _____ Age level _____

Phone #