

When we walk to the beat of our own drum,
it gives us the opportunity to build
our confidence, become a true friend,
and be kind to ourselves and others.



the beat of my
HEART
walk to the beat of your own drum

a patch program from

girl scouts 
heart of the south

Girl Scouts gives us the opportunity to walk to the beat of our own drum with everything we do.

Whether it be at camp, troop meetings, on the playground, or in the hallways of our school, we can confidently be our best selves to ourselves and others. By being uniquely us, we can impact the world every single day. What you do makes a difference, and this patch program will help you decide how you want to make a difference. Even when we are struggling to find ourselves, we can make a change to find the rhythm of our hearts and be authentic and welcoming to everyone we meet.

Walking to the beat of our own drum can sometimes be scary because we all just want to fit in. It may seem like fitting in is easier, but when we stand out, we can become a leader and other people will start to follow. Leadership is about not fearing the unknown and stepping out of our comfort zone to show others that it is okay to be different. Having confidence, making real friends, and being a leader are qualities that will always be a work in progress, but we have to remember to continue to work making ourselves stronger and tougher. Today we are going to make a positive impact for ourselves and others finding out what it takes to be a fearless leader, have confidence, have genuine friendships, and how to show kindness to ourselves and others.



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Icebreakers

Before getting started with your troop, do one or both of the activities listed below to break down walls and introduce the topic of leadership, friendship, and confidence to your group.



ACTIVITY CHOICE #1 FOR ALL AGES: Perfectly Perfect

Watch [The Reflection in Me video](https://bit.ly/3rKXMb5) (<https://bit.ly/3rKXMb5>) and then complete the activity below.

Girls will create their own mirror with cardboard, aluminum foil, and glue. They will then write positive messages about themselves on their mirror with permanent markers.

Materials Needed:

- Cardboard
- Aluminum foil
- Liquid glue or tape
- Permanent markers (like Sharpies)

1. To make the mirrors, an adult should cut pieces of cardboard into an oval shape (one for each girl in the troop). Then have girls cover the cardboard with aluminum foil to give the appearance of a mirror (girls can use glue or tape to adhere the foil). Then, instruct the girls to write positive things about themselves on the face of the mirror.
2. After they have finished their mirrors, facilitate a group discussion using the following questions:
 - What are one or two positive messages you wrote on your mirror?
 - Why did you choose to write these messages?
 - What makes you unique?
 - Why is it important to love yourself?



ACTIVITY CHOICE #2 FOR ALL AGES: Warm Fuzzies

Materials Needed:

- Felt cut into small pieces or pom poms
- Small googly eyes
- Sharpie to draw a smile on your Warm Fuzzy
- Hot glue gun and glue
- Bag or cup to put the Warm Fuzzies in

We highly suggest troop leaders/volunteers make the Warm Fuzzies ahead of

time so you can spend more time on the activity. Pom poms and felt can be purchased at a local craft store or on Amazon.

Read the story below out loud to your group, then complete the activity and answer the questions below:

Many years ago, on a little island, lived a bunch of happy people. They loved their friendly little island with its beautiful trees, water, and sand. The islanders had a special tradition of trading Warm Fuzzies with each other. Warm Fuzzies were like little balls of pure love that made everyone feel good all over. People would offer Warm Fuzzies freely, and if you needed one all you had to do was ask. Even people you didn't know would reach into their pockets and pull out a Warm Fuzzy, and just give it to you! Every Warm Fuzzy was like a big hug from a friend. And there were always plenty of Warm Fuzzies to go around. Everyone felt safe and loved and they all helped each other to feel safe and loved.

But one day a grouchy, grumbly, mumbly tourist came to visit the island. He didn't understand what everyone was doing but he was sure he didn't like it. He kept Cold Prickles in his pockets and Warm Fuzzies didn't make any sense to him. So he decided that he would tell a lie to the islanders, to convince them to stop with all that Warm Fuzzy business. The grouchy tourist told the islanders that their Warm Fuzzies were the most precious things in the world. He told them that instead of sharing them, they should be keeping them. What if the world supply of Warm Fuzzies ran out? What would they do then?

All of a sudden the islanders began worrying and acting selfishly, keeping their Warm Fuzzies to themselves. And a funny thing happened. When people stopped sharing their Warm Fuzzies, people stopped receiving Warm Fuzzies. Instead of everyone feeling warm and fuzzy inside, they started to feel cold and prickly inside. This made everyone kind of sad, everyone except for that grouchy tourist that is.

Thank goodness something nice happened next. You see, one of the islanders had left for college. She came home to visit and brought her Warm Fuzzies with her. When she arrived home, she started giving Warm Fuzzies to everyone she saw. The islanders started to realize what they were missing and that they had made a mistake. Holding onto their Warm Fuzzies didn't make them happier, it made them miserable. They figured out that giving their Warm Fuzzies away not only made their friends happy, it made them happy too.

The good news is that we can be just like those islanders! We can give Warm Fuzzies - like these cute little pom poms. But we can also give Warm Fuzzies that are sparkly, little, fluffy, imaginary balls of happiness. You see, when we offer a kind word or help someone to feel better, that's the best kind of Warm Fuzzy there is.

Once you read the story, complete the following activity to better your group's understanding of the meaning of a Warm Fuzzy:

1. Give girls a cup or bag of Warm Fuzzies (materials to make Warm Fuzzies are listed below).
2. Have them go around swapping Warm Fuzzies with other girls. Before giving the Warm Fuzzy to someone, have them say something they like about the person.
3. After about 10 minutes, have a group discussion or a silent reflection on these questions below.
 - Why is it important to love yourself?
 - What does friendship mean to you?
 - What "Warm Fuzzy" could you do for someone new at your school?



Leadership

RESOURCES:

- For younger girls, try using *A Kids Book about Leadership* by Orion Jean. This book is short, but full of awesome messages about leadership.
- For older girls, use this Kid President video to show how leadership can change depending on the person. Explain to your girls that leadership is based on your passions and each person's leadership skills can vary. [Kid President Asks "What Makes an Awesome Leader?"](https://bit.ly/3gm82nM) (<https://bit.ly/3gm82nM>)
- For troop leaders, refer to *Brave, Not Perfect* by Reshma Saujani, as an adult resource. Saujani does a great job explaining the bravery that women in leadership roles must have.

REQUIRED ACTIVITY FOR ALL AGE GROUPS

Use the following information and the resources listed above to guide a group discussion about the concept of LEADERSHIP - what it means and the skills girls need to be good leaders. Also discuss WHY girls

should strive to develop these skills and become good leaders in their communities.

Leadership is not about being the loudest or strongest person in the room.

Leadership is about showing everyone who you truly are and encouraging others to be their strongest selves. Like most things, leadership requires us to be honest and to be a friend to ourselves first. By starting with ourselves, we can lead others into success. Some of the qualities of a good leader are explained below. If you look closely, they may spell a special word!

- **(L) LISTENING:** Utilizing our listening skills as leaders, makes us reliable and trustworthy to the people that we are working with. Listening skills show that you care, you're engaged, you can be empathetic, you don't judge others, and you are mindful of others' thoughts and opinions
- **(E) EMPATHIZING:** When we empathize, we show our friends that we can understand their feelings and emotions. Empathizing with others allows them to feel safe with their failures so they won't be blamed for them, it encourages leaders to understand the root of the issue causing poor performance, allows leaders to help struggling group members grow, allows leaders to build and develop relationships with those they are leading.
- **(A) ACTING INTENTIONALLY:** By acting intentionally, you can effectively communicate your mission, give constructive and useful feedback in a kind manner, take responsibility for mistakes, and focus on what matters most.
- **(D) DEDICATING TIME FOR OTHERS:** Dedicating your time to others sometimes requires us to leave old habits, people, and things behind. For some, this can be hard, but it is worth it when you are serving others.
- **(E) EMPOWERING OTHERS:** We can empower others by encouraging them to speak up or volunteer, offer opportunities for others to take on new responsibilities, and being inclusive with team members.
- **(R) REMOVING OBSTACLES:** This is one of the most visible things you will do as a servant-leader. When others see you tackling the barriers to their success so that they can work easier, faster, and more effectively, you gain trust and respect.
- **(S) SERVING OTHERS:** Servant leaders are people-focused, purpose-driven, courageous, authentic, and approachable.
- **(H) HELPING WITH HUMILITY:** It makes you more accessible and relatable to your team, it helps you innovate, gain influence, and leads

to better outcomes.

- **(I) INTERACT WITH INTEGRITY:** By setting a good example, taking responsibility for your actions, and honoring your commitments, your team will grow to trust and respect you.
- **(P) PERSEVERING:** Do not give up or take the less difficult path. As leaders we should take the more beneficial path for our team.



ACTIVITY CHOICE #1 FOR CADETTES - AMBASSADORS: Know Your Aptitude

Aptitude is a big word for strengths and weaknesses. When we know our strengths and weaknesses it can help us become a better leader. Knowing ourselves is the key to being a good leader. Can you think of something you are good at? What about something you struggle with? During a troop meeting, have your troop take this strengths and weakness test:

<https://knowandlove.com/>

Girls can access the Aptitude test from a computer or smart device. This can be something you do with your troop during a meeting or something each girl does on their own at home with a trusted adult. If you choose to do this at home, have girls share their results at the next troop meeting.

After you complete the test, have a group discussion about the similar weaknesses and strengths found in everyone. For weaknesses, what can we do to build on these or work on them?



ACTIVITY CHOICE #2 FOR CADETTES - AMBASSADORS: Listening VS Hearing

Does your mom or dad ever tell you to get up and do something, and you HEAR them but you still continue doing what you are doing? Moments later, do you get in trouble because you didn't LISTEN and follow through with what your parents said? This is the difference between *listening* and *hearing*. As a great leader you have to learn how to do both efficiently.

In this activity you will pair up with someone. One person will be the **Walker** and the other will be the **Caller**. Each group is given a code word decided by the Caller. Before starting, the Caller will whisper the code word into the Walker's ear. The Walkers will be asked to leave the room while the Callers find a place to hide. When the Walkers return, the Callers will begin to call out the specific code word. The Walkers will then listen and hear their Caller's voice to find them. You can play music in the

background to make this an even harder game.



ACTIVITY CHOICE #3 FOR DAISIES - JUNIORS: Listening to Your Friend

Materials Needed:

- Picture books (coloring books are great for this activity)
- Notebooks, pads of paper
- Pencil or Pen

Listening to your parents, your troop leader, your grandparents, or camp counselor is very important. Listening to your friend is also very important. When we don't listen to our friends, we don't know what they are thinking or how they are feeling. In this activity there will be a **Drawer** and a **Caller**. The Caller and Drawer will stand back to back. Give each Caller a picture (coloring books/pages are ideal for this) out of eyesight of their Drawer partner. Give each Drawer a notebook or pad of paper and a writing utensil. Then, at the same time, the Callers will begin to yell out to the Drawers what picture she (the Caller) sees and the steps she (the Drawer) needs to take to draw the picture. The Drawers will then follow the instructions provided by the Callers to - hopefully - make a copy of the picture in each Caller's hands. You can set a time limit to make this an even harder game.

After finishing Listening to Your Friend, have each group share what they drew. Have girls share something they learned from this activity and why it is important to listen and hear your friend.



ACTIVITY CHOICE #4 FOR ALL AGE GROUPS: Untangle the KNOT

All Girl Scouts will stand in a circle facing one another. Ask the girls to close their eyes, and reach their hands into the middle of the circle. With their eyes closed, girls will grab hands in the middle of the circle. Once every hand is holding another hand, girls may open their eyes. With some adult help, girls can then begin to untangle themselves without letting go of the hands they are holding.

The purpose of this activity is to learn how to communicate with a big group of people. This activity may be a learning curve at first, but it is important for the group to remember to listen to everyone and value what everyone is saying. After untangling the knot, have an open group conversation about what was easy and what was hard about this activity.

You can also talk about the importance of listening to everyone in a group and why everyone's voice matters.



Confidence

RESOURCES:

- *The Confidence Code: for Girls* by Katty Kay and Claire Shipman, is a great resource for girls of any age. There is also *The Confidence Code*, which is a great resource for troop leaders.
- [Wellbeing For Children: Confidence And Self-Esteem](https://bit.ly/3DmJ67F)
Use this video as a resource on confidence and being unique. (<https://bit.ly/3DmJ67F>)

REQUIRED ACTIVITY FOR ALL AGE GROUPS

Use the following information and the resources listed above to guide a group discussion about the concept of CONFIDENCE. What is confidence? How does confidence make you feel? These questions can be a group discussion or a quiet reflection to start off your conversation.

Pride and confidence are two sides of a coin. Confidence is the feeling you have before completing the task, whereas pride is the feeling after you complete the task. Let's explain: you have to have confidence or believe in yourself before you can complete something; and not just anything, but something difficult. Taking on difficult tasks, like putting yourself out there to make friends, can be hard.



ACTIVITY CHOICE #1 FOR ALL AGE GROUPS:

Roles in Troop Meeting

Sometimes building confidence means stepping out of a crowd and doing something we do not normally do. During your troop meetings, assign girls a different role for every meeting. You can make these roles as easy or hard as you want them to be. Give an opportunity for each girl to perform a different role at each meeting. This gives them the opportunity to put themselves out there and gain confidence by trying something new.



ACTIVITY CHOICE #2 FOR JUNIORS - AMBASSADORS: The Power of YET

Can you think of an activity or something you always wanted to try but did not think you would be good at or were afraid to try because it was out of your comfort zone? We all struggle with our confidence and thinking we are not good enough. Maybe when we are scrolling through social media and see someone doing something amazing we think, “I could never run a marathon!” Or “I could never sing in front of people!” Or “I am never going to be able to swim.” In this activity, have each girl in your group come up with three activities or ideas she wants to accomplish before the last meeting for the year. Once they come up with these, have them write out a “YET” sentence. Here are a few examples: “I haven’t run a marathon YET.” “I haven’t sung in front of people YET.” “I haven’t fully learned how to swim YET.”

Once your girls have thought of their three sentences, ask them share with the person sitting next to them or in front of the entire group.



ACTIVITY CHOICE #3 FOR DAISIES & BROWNIES: Me and My Friends

Materials Needed:

- Posterboard (you can cut the poster board in half if needed)
- Markers

Have each girl make a poster with their name written across the top. Then, have all girls go around to each poster and write a positive message about that person on their poster. Once done, let them exchange the posters and read out the compliments they have for each other and themselves. Encourage girls to do this activity at home with their parents to show why it is important to have confidence in ourselves.



Real and Genuine Friendships

RESOURCES:

- *I'll Be There (But I'll Be Wearing Sweatpants)* by Amy Weatherly and Jess Johnston, is a wonderful book for troop leaders and older girls talking about real friendships, the good, the bad, and the ugly.
- *The Superpower Sisterhood* by Jenna Bush Hager and Barbara Pierce Bush is great for explaining genuine friendships to younger girls.

REQUIRED ACTIVITY FOR ALL AGE GROUPS

Use the following information and the resources listed above to guide a group discussion about the concept of REAL AND GENUINE FRIENDSHIPS.

Have you ever been in a situation where you needed advice, someone to talk to, needed help with a project, a shopping buddy, or a shoulder to cry on? These are many attributes of a real or a forever friend. Get your troop to think of some qualities of a real friend or what you think a real friend should be.

After you have a group discussion, have your group discuss qualities about themselves that they think make them a good friend.

Just like leadership, a big part of friendship is listening. Listening is not just about listening with our ears, it is about listening with our whole selves. If we care about someone, listening to them when they are telling a funny joke - or when they are sad - is key to being a real friend. Listening to someone makes them feel supported and loved. We can always work on our listening skills at home, at school, and at our troop meetings.

As a troop, discuss what it means to be a “whole-self listener.” After you discuss what it means to be a “whole-self listener,” have your troop practice what they think it means to be a “whole-self listener” in a small group.



ACTIVITY CHOICE #1 FOR DAISIES - JUNIORS: What's Inside

Materials Needed:

- Oranges (one for each girl in the troop)
- Markers

Give each girl an orange and some markers. Have them draw the face of their “ideal friend” on the orange. (What color eyes does she have? Does she have freckles? Does she wear glasses? What color is her hair? etc.) After everyone is done drawing, have them peel their orange. Once the orange is left with no skin on it, explain to your group that true friendship is about what is on the inside and not the outside.

Have each girl in your group think of different qualities they have that someone can't see with their eyes. You can have girls share or make this a quiet reflection.

ACTIVITY CHOICE #2 FOR DAISIES - JUNIORS:

What Makes Us Different

Materials Needed:

- Pre-printed outline of a person, one for each girl (see “Printable Resources” section, page 16)
- Markers/Crayons
- Scissors

Give each girl an outline of a person and begin the activity by telling girls to write their favorite qualities about their ideal friend on each body part (head, legs and arms). They can use various colors to make their person unique. Example, on the head, a girl may write “smart;” on the legs she may write “athletic;” etc.

When girls are done, collect their outlines and then cut them all into separate legs, heads, and arms. Then mix up the pieces up and hand them back to the girls. Make sure they do not have any of their original person’s parts. They will then reassemble that new person to make a friend with unique and beautiful qualities showing all of the amazing things they can do. Tip! Give each girl a different color crayon to write on their outlines. When mixing up and passing out the pieces, make sure girls don’t receive pieces with their crayon color on them.

The purpose of this activity is to show how walking to the beat of your own drum can be fun! It gives girls the opportunity to understand what makes them unique and also find something else about others that makes *them* unique.



ACTIVITY CHOICE #3 FOR CADETTES - AMBASSADORS:

Walk A Mile In Her Shoes

Materials Needed:

- Printed outlines of tennis shoes, one for each girl (see “Printable Resources” section, page 17)
- Marker/Crayons

Give each girl an outline of a shoe and ask her to write down the things that describe her and her family (faith, traditions, values, background, etc.). Ask her to think of things or qualities that make her who she is or that she feels shapes her. Once everyone is done, have them switch shoes with someone.

In order to see the differences someone has, you have to put yourself in

their shoes. Sometimes it is hard to see a different perspective, especially if it is completely different from your own. All friends disagree on some things and this activity reminds us when we are arguing with a friend, we need to put ourselves in their shoes and show empathy. When we learn to look at something from another point of view or learn how to empathize, it makes a difficult situation seem easier.



ACTIVITY CHOICE #4 FOR JUNIORS - AMBASSADORS: It's What's on The Inside That Counts

Materials Needed:

- Bottle caps
- List of positive affirmations (See “Printable Resources” section, page 18)
- Glitter
- Jewels
- Magnets

Read this story aloud to the group:

A man was exploring old, abandoned caves by the seashore. In a dark corner of one of the caves he found a pile of hardened clay balls. It was obvious that they had been rolled up and left in this pile many many years ago. Intrigued, the man collected them and carried them out in his backpack.

As he strolled along the beach, he would throw the clay balls one at a time out into the ocean as far as he could. He thought little about it until he dropped one of the balls and it cracked open on a rock. What do you think was inside?

Inside was a beautiful, precious stone.

Excited, the man started breaking open the remaining clay balls. Each contained a similar treasure. He found thousands of dollars worth of jewels in the 3 or so clay balls he had left. Then it struck him. He had been on the beach a long time. He had thrown maybe 50 or 60 of the clay balls with their hidden treasure into the ocean waves.

Instead of thousands of dollars in treasure, he could have taken home tens of thousands, but he just threw it away.

Ask the group : What makes the clay balls so special? (Answer: They are special on the inside.)

From this activity have your troop decorate the inside of a bottle cap with positive affirmations. You can add a magnet to it so they can hang it up in their locker or refrigerator to remind them it is what is on the inside that counts.

Kindness

RESOURCES

- *I Am Enough* by Grace Byers is a great resource for girls to see kindness through another girl's eyes.

REQUIRED ACTIVITY FOR ALL AGE GROUPS

Use the following information and the resource listed above to guide a group discussion about the concept of KINDNESS

Kindness can be shown in many different ways. A key part of being a good leader, and a real friend, is learning to be kind to everyone. Another key part of kindness is being kind to yourself. When we are kind to ourselves it fills our hearts with love and makes us happier. Kindness is a tool that could change how we see a situation or make someone happy when they are sad. It is a simple act that we sometimes forget about. If we did one act of kindness for ourselves and someone else everyday don't you think it would start to spread? What are ways you show kindness? When we show kindness to strangers it can make their day brighter. When we wave to someone in the halls at school, or sit by a new person at lunch, it can lead to making a new friend. Kindness can be contagious in all the best ways possible.



ACTIVITY CHOICE #1 FOR ALL AGES:

100 Acts of Kindness

Materials Needed:

- Construction paper
- Markers/Pens/Pencils

Get 100 strips of paper (1" wide by 4" long) and, as a troop, come up with 100 random acts of kindness to complete before your last meeting for the year. Write each one down on each individual strip of paper. Coil one strip of paper into a ring and tape it together. Coil a second strip into a ring, loop it through the first ring and tape the ends together. Continue in this manner until you have all 100 strips connected into a paper chain. Perform the acts of kindness throughout the year and remove the rings as you complete each one. Talk as a group about how it makes you feel.



ACTIVITY CHOICE #2 FOR BROWNIES - AMBASSADORS:

Squeeze the Toothpaste

Materials Needed:

- Toothpaste
- Toothpick
- Paper plate

This activity can be done individually or with the girls divided into small groups. Give each girl or group a paper plate, a tube of toothpaste and some toothpicks. Have them squeeze an entire tube of toothpaste on the paper plate as fast as they can. You can make it a race! Once all the toothpaste has been squeezed onto the plates, have the girls take the toothpicks and use them to try to get as much toothpaste as possible back into the tube. Give them about 10 minutes, or until they realize - *it's not going to go back in.*

Once the girls have had a chance to wash up (this activity will no doubt get messy), start an open discussion about words or phrases that have been said to them that have hurt them. Write down these words and phrases so girls can see them. Take a step away and say “These are toothpaste words. When I asked you to squeeze the toothpaste, it was like the words that sometimes come out of your mouth, some of which are hurtful. Then I asked you to put those words back in and what happened?” Girls should recognize that just like the toothpaste couldn't go back in the tube, words can't be taken back. You can connect this to how girls won't *forget* hurtful words, even if they do forgive. Begin a discussion about how and why we should carefully choose our words, even when we are angry. Help girls to understand that when we choose our words, we can have a more successful society where we respect one another.

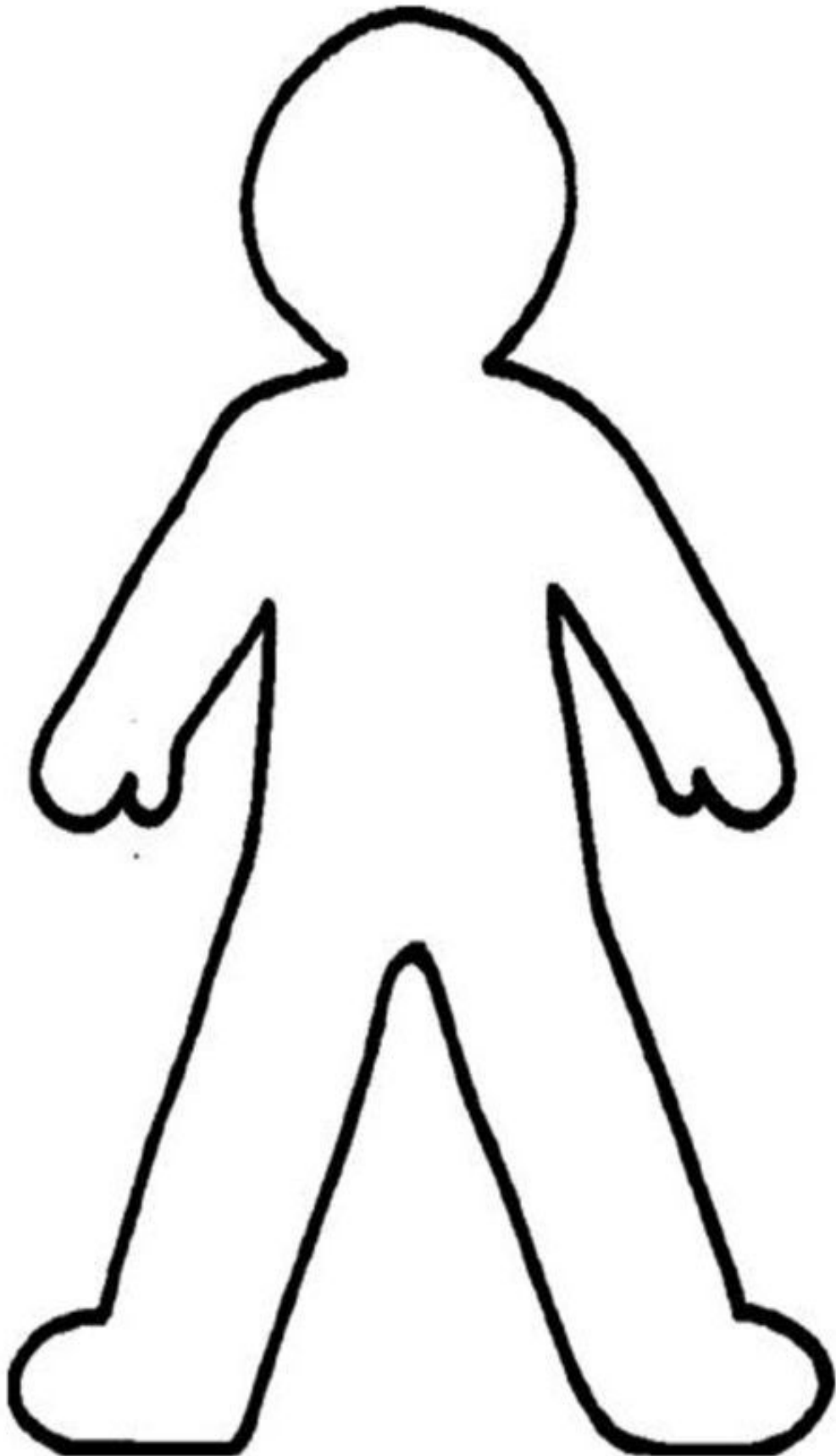


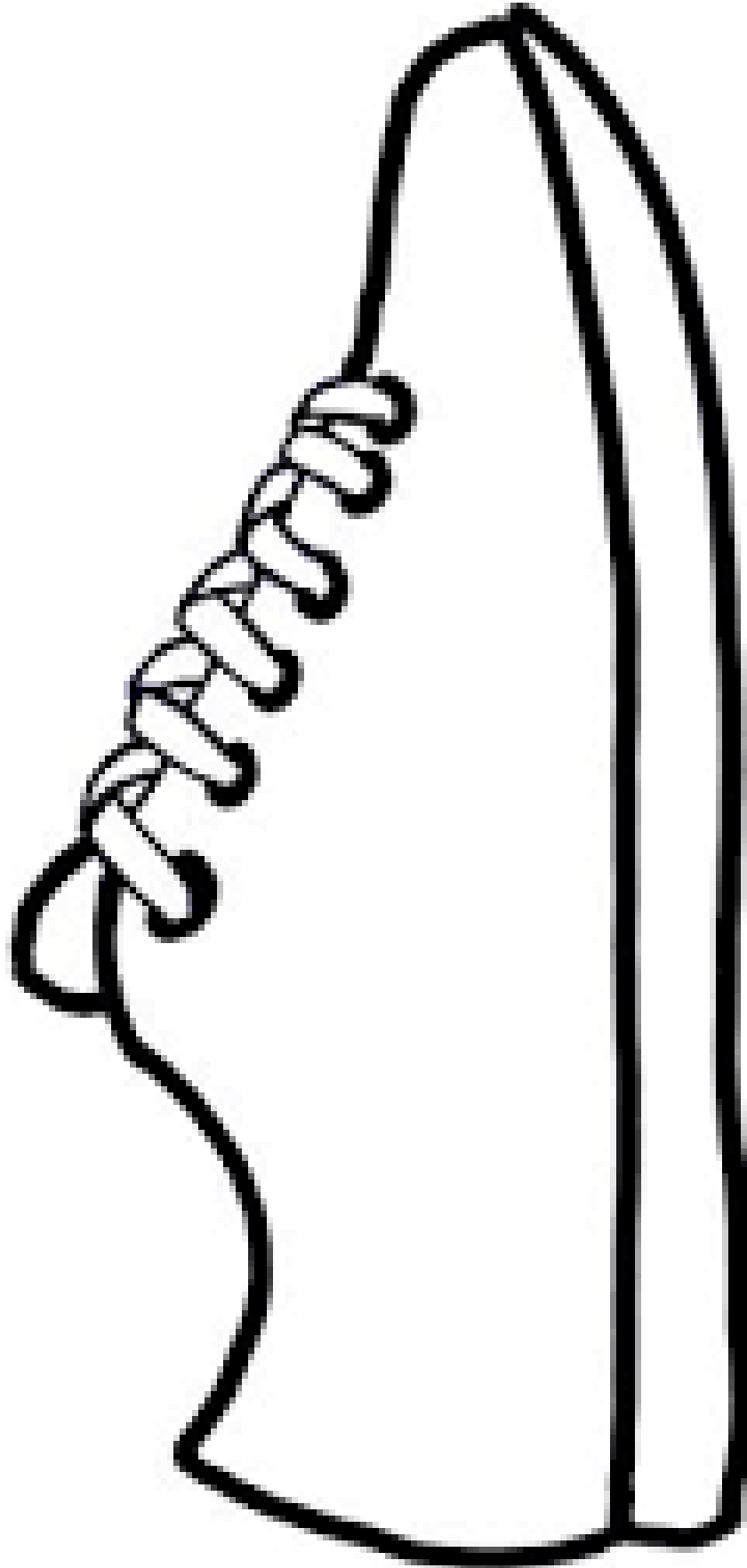
ACTIVITY CHOICE #3 FOR ALL AGES: **Tag! You're it! Kindness Edition**

Materials Needed:

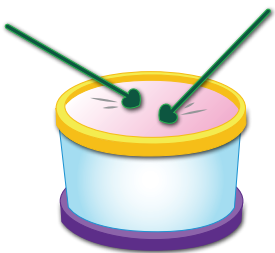
- Clothespins
- Paint
- Paintbrushes
- Permanent Marker

Have the girls paint or color the clothespins in their favorite colors. Once dry, instruct the girls to write encouraging phrases such as, “Be brave; you are loved; you are kind; shine your light; you matter; be yourself, etc.” Once they have completed their clothespins, have them “tag” their friends by clipping a clothespin on their shirt, backpack, purse, vest, etc. Ask them to challenge their friends to share the clothespins and make their own to share kindness with everyone.





POSITIVE AFFIRMATIONS:
Tell Yourself You Can Do Anything
Be Brave
Courageous
Beautiful inside and out
I love myself
I am important
I am unique
I am strong
Fearless
Enchanting



the beat of my
HE♥**RT**
walk to the beat of your own drum

