

Resilient.

Ready.

Strong.



**Community Engagement Event Toolkit
For K-3rd Grade**

Introduction

This toolkit is designed to be used by service units to host a new member engagement event using the GSUSA Resilient. Ready. Strong. patch. The content can be used for an event with existing members by creating your own promotional materials.

In this packet, you will find recommendations, tools, resources, and ideas to help plan a successful community engagement event for girls in K-3rd grade around the theme of resiliency. By completing the activities in this toolkit, the girls earn the Resilient. Ready. Strong. patch from GSUSA. The activities are backed by scientific research and designed to help lift your mood, develop skills and tools to overcome challenges, and build your inner strength so that you are ready for anything!

Resilient. Ready. Strong. patch from GSUSA: <https://www.girlscouts.org/en/activities-for-girls/for-every-girl/mental-health-wellness-activities.html>



Planning Your Event

Promoting Your Event

Deciding how to promote your event is key to its success. Think about the best venues and platforms within your community to get the word out. Here are some ideas to get you thinking:

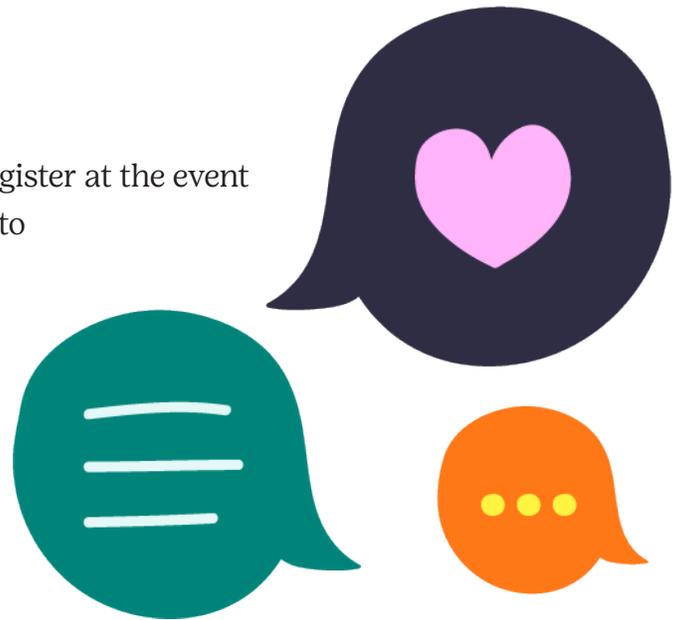
- Community boards in highly trafficked areas
- Flyers sent home through the school(s)
- Ask the local library or other community groups to share the information
- Facebook or other social media outlets

Be creative as you think about what works best in your local area.

If creating a Facebook event to promote the new member sign-up, we recommend that you make a public-facing event using the provided graphics (seperate file) and suggested event description and add GSME as a co-host, which should allow us to help boost the event to increase attendance.

Suggested Supplies

- Table with table cloth for welcome table
- Computers or tablets for families to use to register at the event
 - Paper registration forms only if unable to
- Access to Wi-Fi
- Activity supplies (see below)
- Giveaways (pencils, stickers, etc.)
- GSME print materials
 - GSME sign(s)
 - Interest forms and pens
 - GSME information brochure
 - Current issue of GSME Compass



Best Practices for Successful Events

- Dress the part and show your Girl Scout pride. Wear your nametag.
- Arrive at least 30-45 minutes before the event is scheduled to start in order to find the room and get set up. Sometimes we get a less than ideal space (or we are locked out). Arriving early allows you to adjust plans if needed and settle in before families arrive.
- Create a visually pleasing display by bringing Girl Scout memorabilia, uniform, and badge books.
- Follow current GSME COVID-19 guidelines and ensure families are aware of such guidelines in advance: <https://www.girlscoutsofmaine.org/en/for-volunteers/volunteer/resources.html>



Event Schedule

	Time	Topic	Details
Pre-Event	20 Min	Set-Up	<ul style="list-style-type: none"> • Post signage for the event • Set up your space and materials • Check you technology and Wi-Fi connection • Bring up the necessary websites
	15 Min	Check-In and Start-Up Activity	<ul style="list-style-type: none"> • Be ready 10 minutes before start time • Welcome families • Ask caretaker to complete interest form for each girl attending (be sure you can read their handwriting) • Provide handouts • Invite families to complete the start-up Activity to share at the opening
Event	5 – 10 Min	Welcome and Opening	<ul style="list-style-type: none"> • See directions below (Girls and Adults)
	20 – 30 Min	Activity 1	<ul style="list-style-type: none"> • Personal Affirmations to Center Your Mind and Body (Girls and Adults)
	20 Min	Activity 2	<ul style="list-style-type: none"> • Cup Stack Challenge (Girls and Adults)
	20 Min	Activity 3	<ul style="list-style-type: none"> • Happy Boxes (Girls) • Parent Conversation (Adults)
	5 Min	Closing	<ul style="list-style-type: none"> • Follow directions below (Girls and Adults)
Post Event	10 Min	Clean Up	<ul style="list-style-type: none"> • Always leave a space cleaner than you found it and follow COVID-19 cleaning requirements
	10 – 30 Min	Wrap Up	<ul style="list-style-type: none"> • Enter leads: https://www.girlscoutsofmaine.org/en/events/new-member-sign-up-events/new-member-event-sign-in-form.html • GSME Staff: complete event “debrief”, post “missed you” message on Facebook event



Resilient. Ready. Strong. Activities

Start-Up Activities

As families arrive, encourage them to brainstorm some not-so random acts of kindness they can do as a family for one week. They can write or draw their ideas on the page provided. If the group does not have enough time to work on this activity, you can include it at the end of the event or give them the paper to take home as a follow-up activity to do as a family. This activity relates to the Practice Gratitude and Giving section of the Resilient. Ready. Strong. patch.

Opening (5–10 minutes)

The opening will be the official start of the event. This is a time to welcome everyone, introduce the topic, and discuss any housekeeping items.

Directions

- Gather everyone in the designated space for the opening. This could be an auditorium, large room, the middle of a gym, or other large space. Be sure to follow current safety guidelines when bringing all the girls together.
- Welcome everyone to the event and introduce yourself. If it is a small group, girls and their families can introduce themselves and share one thing that makes them happy. You can also have them share one thing they wrote down for their not-so-random acts of kindness if the group had time to work on this activity.
- Start the event by introducing the Girl Scout sign and the Girl Scout Promise. Lead the families in a call and repeat of the Girl Scout Promise.
- Review any safety or housekeeping items as needed:
 - Fire exits
 - First aid
 - Bathrooms
 - Health and safety guidelines
 - Walking and other safety items for the space
 - General schedule and timing of the event, goals, and expectations
- Have any committee members present raise their hands, stand up, or in another way show themselves. Explain that if anyone has any questions, they can ask any of the committee members.
- Introduce the theme of being resilient, ready, strong.
 - What does it mean to be resilient? What does it mean to be brave or strong?
 - Explain that life isn't always easy, but dealing with tricky emotions doesn't have to be so hard. Today you will get a chance to practice skills to help you when you face tough situations.
- Dismiss the girls for their first activity.

Personal Affirmations to Center Your Mind and Body (20–30 minutes)

One of the key pieces of being resilient, ready, and strong when faced with a challenge is being able to push pause, take a breath, and build your self-confidence. This can be done at any time, not just in the moment. In fact, practicing this skill will help make it feel more like second nature to push pause and re-center when you are faced with a challenging situation. This activity relates to the Daisy Health and Food Knowledge patch, step 4 of the Brownie My Best Self badge, and the Get Moving section of the Resilient. Ready. Strong. patch.

Materials

- Computer with ability to show video (preferably projected on a big screen)
- Ability to play music

Directions

- Start by doing “High-Five Breathing.” Directions can be found here: <https://www.youtube.com/watch?v=sh79w9pn9Cg>
- Show the girls the “Powerful Affirmations” video from UNICEF here: <https://kpop.ukp.io/dashboard/kpu/?watching=305&source=category&id=10> (you will need to pre-register for a free account).
- Give girls time to brainstorm their own self-affirmation statements. Invite girls to share their statements if they choose. Do the breathing activity from the video with the girls, encouraging them to say their self-affirmation either silently or aloud.
- Lead the girls in some simple yoga stretches to help everyone center and focus their mind and body. Remind girls to focus on their breathing while they do their stretches. Here are some ideas if you need them: <https://kellymurrin.weebly.com/yoga-for-kids.html>
- Now that everyone has had a chance to de-stress, ask the girls what songs help lift their spirits and make them happy. What songs do you instantly start dancing to? As time allows, play some music and have a fun and silly dance party. For song ideas, check out the KIDZ BOP collection (popular songs sung by kids and kid-appropriate).

Cup Stack Challenge (20 minutes)

Being resilient, ready, and strong does not mean you have to face everything by yourself. Having a community you can turn to is key. Girls and their parents/adults will do a partner-building activity and then the girls can draw a picture of someone they can turn to in their community either at home, at school, or elsewhere. This activity relates to the Connect to Community section of the Resilient. Ready. Strong. patch.

Materials

- 6 plastic or sturdy paper cups per couple
- 1 rubber band with 4 strings attached per couple (thin rope/paracord works well—it will need to be strong enough to be pulled)
- “My Resilient. Ready. Strong. Team” brainstorming Sheet (one per girl) or plain paper
- Pencils/colored pencils/crayons/markers
- Disinfectant spray

Directions

- Prior to the event, review the directions here: <http://mssepp.blogspot.com/2012/11/teamwork-cup-stack.html>. Please note that these directions are written for a team of 6 people. For this event, the girls will work with the person(s) they came with. Please provide ample space for movement.

- Start by modeling and then directing the group on how to do the Brain Gym Hook Ups activity found here: <https://www.youtube.com/watch?v=SICE6zUnNj0>. You only need to do the first part, not the second part where you put the finger tips together to check for tingling. This activity helps to ground the nervous system, helps with communication, helps calm the body, and helps control breathing. It can be done sitting or standing. You can even add the benefit of leaning forward while doing the hook up to increase the benefits.
- Share: Being able to share when you are having a hard time can be difficult, but communication about what is going on can help you to be ready for the challenges ahead.
- You are now going to work with your partner (parent/guardian and child) to complete the challenge of stacking the cups provided into a tower by only touching the strings. You will need to work together and talk to one another about what you want to do, how it is going, and what needs to be done in order to create your tower.
- Give the groups time to complete the challenge. If there is a team that finished quickly, you can give them the added challenge of only one person being able to talk.
- Bring everyone's attention back to the larger group for a short debrief about the experience:
 - What went well for you during this activity?
 - What was difficult?
 - What did you learn about yourself or others?
 - Why was teamwork so important for this activity?
 - What are some things that made it easier to work with your partner?
 - How did talking about the challenge help you overcome it (to be able to stack the cups)?
 - How do you think it would feel if you had to do this challenge all by yourself?
 - How did it feel to know you had someone to help with this challenge?
- With remaining time for this section, encourage the girls/team to draw or write about people they could turn to at home or school if they needed help in a challenging situation. You may use blank paper or the brainstorming sheet provided.

Happy Boxes (20 Minutes)

We all need a pick-me-up from time to time. These boxes can be filled with memories, accomplishments, things that make you smile, words of encouragement, and most importantly, strategies to help overcome challenges. After the event, when the girls are feeling down, they can turn to their happy box for a pick-me-up. While girls are working on their boxes, this would be a good time for parents/adults to talk about Girl Scouts and next steps. This activity relates to steps 1 and 4 of the Brownie My Best Self badge and the Understand Emotions section of the Resilient. Ready. Strong. patch.

Materials

- 1 small box per girl
- Markers
- Construction paper
- Stickers
- Magazines
- Other items to use to decorate their boxes
- Scissors
- Glue sticks
- Pencils or other writing utensil
- Small strips or squares of paper

Directions

- Ask the girls how it feels when they are: sad, mad, nervous, and happy. Talk about these emotions and how they feel. What color might the girls use to represent each of these emotions?
- Say: Sometimes you get a stomachache because you're nervous. Or you might feel shy when you're sad or have a hard time sleeping when you're angry. Luckily, there are things you can do to feel better during these times! Today we are going to start to make a "happy box" you can open when worried, upset, or just need a little cheering up."
- Say: Let's brainstorm some things you can do when you might be feeling upset. We can call these calming or centering strategies. For example, we have practiced a couple of these strategies--High Five Breathing and Hook Ups. You could also go for a walk, grab a drink of water, draw a picture, and much more. What are some other things you might do to help re-center and relax? (Write down things girls mention.)
- Say: Now, I invite you to pick 2 or 3 of them to include in your "happy box". On your paper, write or draw your strategies so you can remember them when you might need to use them.
- Say: Another way to help us feel better is to remind ourselves of things that make us happy. We are going to decorate the outside of our box with pictures of things that make you happy. You can also include some inside your box as another centering strategy.
- Instruct the girls to decorate a small box with images/items that they enjoy. When they get home, they can fill their box with at least 5 things that make them happy. These items can be things that make them smile, such as photos, art supplies, books, or favorite toys.

Parent Conversations

While the girls are working on their happy boxes, invite the parents/guardians to join you in a conversation about Girl Scouts. Use the Platica Conversation Model to discover their WHY.

Closing (5 minutes)

Gather everyone together for a short closing. Invite everyone to share one thing they did at the event that they enjoyed/will help them to face challenges when they appear.

End the event with a song and closing (friendship wave instead of squeeze). Teach the group "Make New Friends" since friends can be a great resource when you are feeling down. Sing the song one line at a time and have the group repeat. After the song, you can do a modified friendship squeeze by sending around a friendship "wave" instead (think baseball game style wave where one person starts and it continues around the circle).

Wrap Up

After the event, make sure you tidy the meeting space, putting everything back in its proper place. Disinfect high-touch surfaces and materials before putting them away. Enter leads or scan and send interest cards to customer care@gsmaine.org.

Appendix

Here you will find the following handouts to use at your event:

- Writable promotional flyer
- "Not-So-Random Acts of Kindness"
- "My Resilient. Ready. Strong. Team."

**Resilient.
Ready.
Strong.**



A New Member Sign-up Event!

Day, Month | Time PM

Location

Street address | City, Zip Code

RSVP/Local contact information

Life isn't always easy, but dealing with tricky emotions doesn't have to be so hard. Come learn more about Girl Scouts as you earn the Resilient. Ready. Strong. patch (designed by GSUSA and backed by scientific research around supporting mental wellness). See how Girl Scouts helps you help lift your mood, develop skills and tools to overcome challenges, and build your inner strength so that you are ready for anything! Nobody can snap their fingers and make the world all sunshine and lollipops, but you can take steps to be ready when things get tough. Girl Scouts is here to help!

This is not a school-sponsored event.

This event is for families looking for information about joining Girl Scouts, not current members. Wearing a mask at this event is optional unless it is required by the event location.



Not-So-Random Acts of Kindness!

Kindness is contagious! With your family, brainstorm some ideas to spread kindness to your family, friends, neighbors, and community. Not only will it bring smiles to their faces, it will also help you smile.

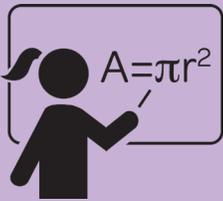
A grid of seven colorful rectangular boxes, each with rounded corners and a thick border. The boxes are arranged in three rows: the first two rows have two boxes each, and the third row has one wide box. The colors of the boxes are purple, yellow, orange, magenta, red, blue, and green.

My Resilient. Ready. Strong. Team.

Knowing who you can turn to when you need help can help you calm down when stressed and face challenged head on. With an adult, brainstorm people you can have on YOUR Resilient. Ready. Strong. Team. Your team could be people you can turn to at home, at school, with your friends, or any other group you are part of.



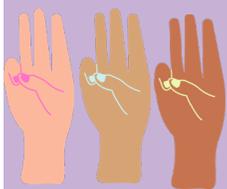
At Home



At School



**With your
friends**



Other