

PRINCESS SCOUT PATCH PROGRAM

complete **1 requirement** to earn the patch and year bar. Complete another requirement or the same in a different way annually to earn the year bar.

This program was derived from the following meaning:

Princess: An individual regarded as having the status or qualities of a princess. Sets out to do good things, improve herself, and helps the less fortunate and others in their community.

Scout: A person out to bring in good tidings to others and better themselves inside. Someone who can find paths through unexplored territory.

MOTTO: "Do not let anyone make you think less of yourself. You are a princess, a wonderful person, and you always will be." Every girl and woman are a princess, young, old, rich or poor. But remember, just because you are a princess doesn't mean you are any better than anyone else. It simply means you believe in yourself and that you will try to be the best person you can be. A true princess will always befriend all her fellow sisters. She will lend a helping hand to her neighbors, family and friends.



The building of a princess! **Choose your attributes you wish to enhance or gain!** After the category there will be a saying or definition. Following that there will be a task or example of how you can gain or improve this ability. You may use the example or think of something else pertaining to that category to do. Younger participants will choose to do simpler projects, while older participants will enhance the projects with more difficult works.

When you earn your crown, wear it with pride and know inside that you are a good person.

- 1. KINDNESS AND HONESTY** - To be compassionate to others and their feelings. Start with truthfulness with yourself, once you find that you can be sincere with kindness to others. Give of yourself and give freely without the thought of receiving a reward in return. Examples: Create a coupon book, make valentines for veterans, use your old jeans and cut out shoe patterns for Sole Hope, spring baskets for women's shelter or volunteer.
- 2. TALENT AND SELF AWARENESS** - Natural qualities or abilities of your personality. Be aware of your talents and recognize what you are good at and what you want to achieve. Some common talents are: Music, art, teaching, singing, poetry, dancing, etc. Choose one of your talents and share it with others OR improve one of your talents by practicing more OR learn a new skill in your talent area OR complete a community service project by using your talent skills OR choose something you are not good at and improve it OR learn tea or better table manners.
- 3. IMAGINATION AND CURIOSITY** - The ability to create something from your own ideas and exploring your world for new ideas. By using your imagination and curiosity you will continue to learn and grow using your creativity. Draw a picture, decorate cards for soldiers, create stockings for children, make up a game, make up a dance to a song, add new endings to games, story, or skit. The options are open, just use your imagination.
- 4. LOVE AND EMPATHY** - Show a feelings of affection towards others. Help someone in need. Be buddy to someone or be helpful to someone. You choose the project or good deed.
- 5. FRIENDSHIP AND FORGIVENESS** - Being trustworthy and affectionate. To show understanding and no resentment against another person. Befriend someone new or make-up with a friend that you had a little spat with a while back. Make new friends but keep the old.
- 6. KNOWLEDGE AND SETTING GOALS** - Being perceptive and eager to learn. "Never stop learning for the knowledge of something new and fruitful is never to old to learn" "You can learn something new everyday" Set a goal to learn a new skill. Examples: Hiking, sewing, art, photography, scrapbooking, be more organized, better grades in school, OR share something you learned with others to spread the knowledge.
- 7. HELPFULNESS AND TEAMWORK** - Providing assistance or a service to others in need; showing a willingness to cooperate with others. "a child who is helpful around the house can save the mother many steps". Complete a project that helps others by assisting your parents at home, reach out to your community or organization. Complete a project on your own or with your group. Use teamwork to assign different items to each person. *Examples:* Donate your used coat to the needy, make shoeboxes for children around the holidays, sock angel for elderly, sing carols, make muffins for a shelter, pinwheels for peace, OR eyeglasses for the needy.
- 8. CONFIDENCE** - Believe in yourself and you can achieve anything. Don't let anything knock you down or bully you. Make a list of all the positive things about you OR participate in an Anti-bully program OR use your strengths to help others or complete a project or achieve a goal. Examples: Sock March for anti-bully program, earn an award or badge, make decisions on purchases like school clothes or presents for others.
- 9. PROSPERITY** - Advance or gain in anything good or desirable. Make successful progress in any goal or good fortune. To be successful, work hard for a goal and achieve it. Examples: Raise your grades, collect books for the less fortunate, keep your room clean for a month.
- 10. INTEGRITY** - Freedom from corrupting influence or quality or feeling of completeness. Say "no" to something that you know your parents or elders have taught that was wrong. OR, do something that you always wanted to do or something that makes you feel good inside. (Re-organize your room, paint a beautiful picture, or pamper yourself or a member of your family. Have a girl party and invite all your friends, do your nails, hair and tell each other why they are a good person).
- 11. LEADERSHIP** - Learn how to make decisions and take responsibility for yourself or other people. Simple basic decision making leadership skills include: Making choices between activities, should I purchase this item and what are the pros and cons, deciding on a goal for yourself to accomplish, communicate decisions when it is a group or family discussion, taking responsibility for chores builds leadership skills, having a game night helps children play by rules and make decisions, and older children can assist with younger children.
- 12. RESPECT** - Gain self-esteem for yourself and learn to respect your elders or authority figures; having a courteous regards for people's feelings. Complete a good deed for a someone in need.

Optional: CELEBRATE - Present your patch crowns, make certificates and have a celebration. You can create decorations, food, and decorate cupcakes. **Use our Princess for a Day free patch kit for more ideas and crafts.**

Crafts

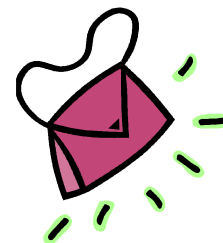
Purse [imagination]

Felt or vibrant colored material
Sewing machine or needle and thread
wide ribbon (for the strap)

Decorative items: iron on symbols, buttons, ribbons, decorative trim, sequins, etc.

Cut two pieces of material in the approximate size of 5 X 7 inches. One side will be the front and the other the back.

Decorate with the front with beads, buttons etc., before you sew the two pieces together.



After the purse is decorated place the front and back outside sides together. Sew the sides and bottom together, leaving the top portion open. Turn the purse right side out. Fold the top of the purse over to create a hem and stitch along the edge. Measure the length of the strap according to the person wearing it. Some like to wear it diagonal across the chest, so keep that in consideration. Stitch one end of the ribbon on the inside of the purse on the side seam. Making sure that the ribbon is not twisted attach the other end of the strap to the purse with a needle and thread.

Flower Pot Gift [confidence]

Handful of small rocks
Small flowerpot
Potting soil
1 packet off marigold seeds
Water
Ribbon
Scissors
Pen and paper



Place the rocks in the bottom of the flower pot. Fill the pot up to the rim with soil. Place 3 or 4 marigold seeds on top of the soil. Make sure the seeds are evenly spaced apart. Cover the seeds with 1/4 inch of soil. Gently water the soil until it is thoroughly moist. Place the pot in a sunny window and keep the soil in the pot moist until the seeds sprout. It should take about 2 months for the plants to begin to bloom. When the plants bloom, find a nursing home or hospitable to find someone who might want some cheering up. Before you deliver the gift, add a ribbon and a sort happy note.

Customized Lampshade [imagination]

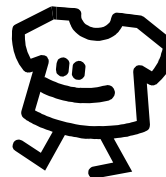
Apply craft glue to the bottom of any size lampshade and attach decorative ribbon to match your room.

Optional: Apply glue to the top of the lampshade and add ribbon to it as well. Add other decorations to the edges or sides.



T-shirt Pillows [imagination]

Favorite t-shirt you have outgrown
Needle and thread
Poly Fill stuffing



Choose a shirt that is decorative or colorful that you have outgrown. Stitch the bottom and sleeves closed. Place the stuffing inside and then sew the top shut. You can also use the sewing machine to make it quicker.

All the crafts can cover the requirements for knowledge and imagination.

Crafts

Keepsake Tin Gift Boxes [confidence and kindness]

Decorate an Altoid® mint box or other small tin box and use it to store hair ties, candy or other little items. Create one as a gift and one for yourself.

Holiday Box– add mini candy canes, cinnamon candies and mini marshmallows into your box! Cover the lid with glitter and rhinestones. Buy some little foam snowflakes to add a feeling of winter.

Valentines day– give this to someone you care for. Fill this tin with hugs and kisses candies, a love poem and a picture of you! Decorate this tin with red paint and little wooden heart shapes. Add some stick on rhinestones.

Nail Care box– Decorate the lid with glitter glue and glittery nail polish. Then, glue on some painted fake nails. Put in a mini nail file, nail polish and nail decals.

Smile!- Decorate the lid with paint and let it dry. Glue on a small mirror and beads. Glue on a pipe cleaner around the mirror. Put in the box a mini toothpaste, a toothbrush and floss and some lip gloss.

Friendship box– decorate the lid with paint and write “Friends” on the box. Glue mini pencils around the border. Put in a mini gel pen and notebook and some mints.

Puppet Theater Using A Tri-fold Board [talent and self awareness]

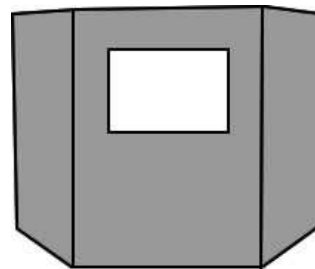
Tri-fold Board

Markers and scissors

Optional: Construction paper, glue, and tablecloth

Using a tri-fold board cut a rectangle out of the center to create your puppet theater. *[Adult assistance needed for cutting]*. Fold the board backwards as shown so the you can not see the puppets from the side. Decorate the outside of the tri-fold board with stars, lettering and other designs. You can also use construction paper to cut out designs and glue on the board. Set your theater up on a table and put on a show. Depending on your height you may want to sit on a chair.

Optional: Place a sheet or table cloth on the table slid forward so the participants can not see your feet.



Glittery Lip Gloss [integrity and knowledge]

1 tablespoon of petroleum jelly

1/4 teaspoon of loose powder eye shadow

Sprinkle of loose body glitter to add shine

Toothpick or plastic spoon to stir the mixture

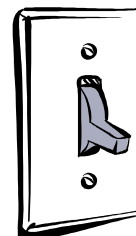
Container or ziploc bag to place the lip gloss in



Using a plastic spoon, place the petroleum jelly in the container or mini ziploc® bag. Place the loose eye shadow in the container. Different colored eye shadow makes the tint of the gloss change. Stir the items together in the container with a coffee stirrer or strong toothpick. If you are using a bag keep the items together in a small corner of the bag while you massage the dry items in the jelly. **EXPERIMENT!** Add the petroleum jelly, powder and glitter until it gets the color you desire.

Decorated Light Switch Panel [imagination]

Decorate the light switch panel by covering it with glitter glue and pretty rhinestones. Or, you could cut out pictures from a magazine and make a collage by gluing the pieces together. Cover it with a white glue. Let dry and place on your wall with an adults assistance.



Recipes

Rainbow Jell-O [kindness]

1 3-oz. packages **red** Jell-O (strawberry, watermelon, or cherry)
 1 3-oz. package of **orange** Jell-O (orange)
 1 3-oz. package of **yellow** Jell-O (lemon or pineapple)
 1 3-oz. package of **green** Jell-O (lime or green apple)
 1 3-oz. package of **blue** Jell-O (berry blue)
 1 3-oz. package of **purple** Jell-O (grape)
 glass dish to place creation in
 non stick spray
 whip cream or cool whip (optional)



Spray the glass pan with non stick spray and set the pan aside while you prepare the Jell-O.
 In a small bowl, mix RED Jell-O in 1 cup boiling water. Stir until dissolved. Add 3/4 cup cold water; stir and pour into glass dish. Place dish in refrigerator, let set. About 1 1/2 hours.
 Continue to layer the Jell-O in the above order to create the colors of the rainbow. Cut in squares and serve on a dessert plate. Add a touch of a fluffy cloud top with whip cream or cool whip.

Optional twists: You can prepare this creation in clear plastic cups instead of a dish. If you don't have time to create this project or you want to add a twist to it, then use Jell-O's Magical Twist gelatin.

Yummy Jam [knowledge and talent]

20 ounces fresh strawberries
 4 cups sugar
 2 tablespoons fresh lemon juice
 1 pouch liquid pectin
 Paring knife
 Cutting board
 Large and small mixing bowl
 Potato masher
 Measuring cups and spoons
 Wooden spoon
 Jars with lids



Use the paring knife to remove the stems from the strawberries. Cut the strawberries in half and put them in the large mixing bowl. Use the potato masher to crush the berries. Measure two cups of crushed berries. (If extra, do not use it for the jam.) Stir the 4 cups of sugar into the 2 cups of berries. Mix well, and let stand for 10 minutes. Measure the lemon juice into the small bowl. Add the liquid pectin and stir well. Add the pectin mixture to the strawberries. Stir well for 3 minutes, until the sugar is completely dissolved. Pour the jam into jars. ***Adult supervision needed for this project.**

Make Hot Fruity Tea for a Family Member or Friend [integrity or helpfulness]

2 1/4 cups sugar
 2 cups cold water
 1 lemon rind

Heat the mixture over medium heat and bring it to a boil in a saucepan. Pour 4 cups of boiling water into a mixing bowl. Hang 4 tea bags over the bowl edge and let the tea steep for about 5 minutes. Take the tea bags out and add 2 cups orange juice, 1/2 cup lemon juice and the sugar mixture for taste. Stir well and pour it into pretty teacups!



Tea Time Recipes

Jam Cookies [integrity]

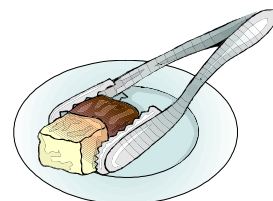
1/4 cup jam
 1 cup butter, softened
 1/3 cup sugar
 1 3/4 cups flour
 Pinch of salt



Preheat the oven to 350 degrees F. Spoon the jam into a small bowl and stir it until it is smooth. Set aside. In a mixing bowl, cream the butter and sugar together until they are light and fluffy. In a separate bowl, mix together the flour and salt. Add the flour mixture to the butter mixture and blend until a dough is formed. Pinch off bits of dough and roll them into 1-inch balls. Place the balls on a baking sheet about 1 inch apart. Press your finger into the center of each cookie to make a "well". If the dough cracks, pinch it back together. Fill each well with 1/4 teaspoon of jam. Bake the cookies for about 10 minutes. Remove them from the oven and cool.

Petit Fours [love and empathy]

Frozen large sized pound cake
 powdered sugar (1-16 oz box)
 butter, teaspoon of vanilla, wax paper, tray, milk, food coloring and gel icing for decorating.

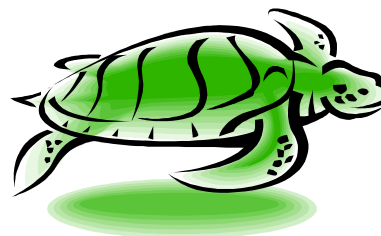


Trim all the crust off the sides, bottom and top, making sure that all sides are even like a rectangle box. Cut the pound cake in one inch strips. Once you have cut all of the strips, cut them in half length wise and then in squares. This will be the shape of the petit four.

For the icing, combine one box of powdered sugar and vanilla. Add milk to the mixture until it is smooth and thin enough to drizzle. Separate the icing into three bowls. Add food coloring to each one. Take a square of pound cake and rest it on your fingers. Use a large spoon and drizzle the frosting over the cake, making sure that the cake is completely covered on the sides and top. Slide the cake off your fingers onto a wax paper lined tray or pan. Continue with each cake until all are complete. Place the cakes in the refrigerator, usually overnight. Decorate with gel frosting creating flowers or squiggly designs or with sprinkles or colored sugar. Place on a serving dish on each plate.

Sea Turtle Crunches [knowledge]

1 ½ cups pecan halves
 24 caramels, unwrapped
 1 cup milk chocolate chips, melted according to package directions
 Assorted candy decorations such as sprinkles



Preheat oven to 325° Fahrenheit. Line a cookie sheet with foil and spray with nonstick cooking spray. Set aside.

Break pecan halves into 5 thin pieces lengthwise to create 4 legs and a tail for each 'sea turtle'. Use one pecan half as the head. Arrange the thin pecan slices, flat side down, on prepared cookie sheet, in clusters of 5 to form the turtle's four legs and tail. Place the pecan half for the head. Put a caramel on top of each group of pecans. Place cookie sheet in oven and heat until caramels soften (about 5 minutes). Cook cookies on pan for 10 minutes. Spoon about ½ teaspoon of melted chocolate onto each turtle and sprinkle with assorted candy decorations. Place in refrigerator to chill for 15 minutes and serve. *Makes 24.*

Good Deed and Kindness Coupons

This Coupon is For

TO

FROM

This Coupon is For

TO

FROM



This Coupon is For

TO

FROM

This Coupon is For

TO

FROM

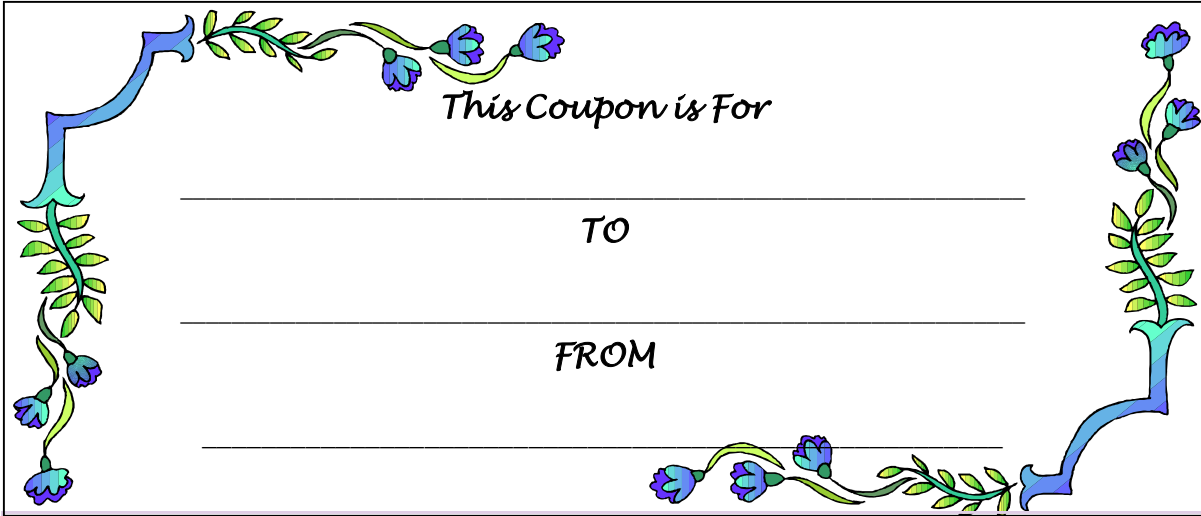
This Coupon is For

TO

FROM



Coupons



This Coupon is For

TO

FROM

A decorative border of blue and purple flowers with green leaves surrounds the coupon area.



This Coupon is For

TO

FROM

A decorative border of white floral swirls is set against a light purple background.



This Coupon is For

TO

FROM

A decorative border of white floral swirls is set against a light teal background.

Community Service to Collect or Donate

SIGHT NIGHT– collect eyeglasses

Step 1: Get Your Group Together! Collect used eyeglasses on your own or with a group of friends, scouts, club members, or schoolmates. (free flyers and door hangers to download)

Step 2: Print and personalize fun materials to help you collect used eyeglasses including door hangers, fliers and stickers in English, Spanish or French!

Step 3: Place door hangers Along Your Collection Route (three days to a week in advance)

Step 4: Ghost Hunt for Used Eyeglasses on Sight Night!

Step 5: Count Your glasses and Collect Your Certificate!

Step 7: Turn In Your Sight Night Eyeglasses at Your local LensCrafters and Lion's Club. **Step 8:** Order your participation patch from Patchwork Designs, Inc.



Operation: Bear Hug– collect bears

Donate teddy bears or drop them off at local fire departments, police stations, Ronald McDonald houses, or hospitals. Many teddy bears are given out each year to assist in calming traumatized children and grieving mothers. In addition, Bears are given to children and adults in need including the victims of floods, tornadoes, hurricanes, and domestic violence both in the United States and abroad. CONTACT THE ORGANIZATION BEFORE YOU COLLECT OR DONATE.



STOCKINGS FOR CHILDREN

Fill stockings for children in need. Children's Pediatric unit at hospitals, financial need, poverty, victims of natural disasters, etc. Contact your local hospital, Salvation Army, organization or church to see if you can donate to them.

Collect or purchase items for your stockings.

Contact your local Salvation Army as they usually provide the stocking for FREE and all you have to do is stuff the stocking according to the list of items. <http://www.salvationarmyusa.org/>



CHANGE 4 CHANGE

Collect money for an organization of your choice.

There are SIX easy steps to complete this program.

1. Choose a cause or organization you want to collect or save your change for.
2. Start with a clean jar and collect your change.
3. Set a date to turn the money in.
4. Set a location to turn the container in. [meeting, event, etc.]
5. Send all your donations to the organization you chose in a form of check or money order.
6. Purchase your patch for participating.



PAJAMA PROGRAM

Pajama Program provides new books and new pajamas to children in need nationwide. These children live in various settings including group homes, shelters and temporary housing and are shuffled often from one place to another. Too many have never enjoyed the simple comfort of having a mother or father tuck them in at bedtime with warm, clean pajamas and a bedtime story.

Official site: <http://www.pajamaprogram.org/index.html>



Community service projects covers any requirement.

Community Service To Cut or Create

Blankets for those in Need

Donate to local : Homeless shelters, Battered Wives shelters, churches donate them to those in need, elderly homes or assisted living, or animal shelters.

Participants of all ages can create blankets and distribute them to a variety of organizations.

DIRECTIONS ON HOW TO MAKE A BLANKET

Materials needed:

Less than a yard blanket would be nice to donate to the local animal shelters.

1 1/2 yard piece of polar fleece (Elementary school children)

2 yards of polar fleece (for teens)

Fleece is usually about 55" wide.

Directions:

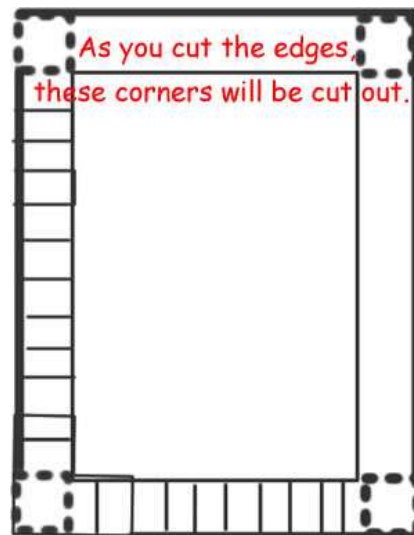
When purchased, sides of polar fleece have a rolled edge or a sel- vage.

Please trim this edge off prior to creating the blanket.

If you need a cutting guide place a piece of masking tape 5" in from the edge on top and bottom of blanket to be used as a cutting guide.

Cut top and bottom sides into 1" x 6" strips (cut toward center of blanket to make fringe). Eventually, you will cut out a square in the corners by creating your fringes. See diagram on the right. Remove masking tape.

Tie overhand knot on each strip to create a finished fringe edge as shown on the patch.



OVERSEAS MILITARY COUPON COLLECTION

Do something to support our troops in America to earn this patch

There are several military family support centers overseas who offer coupon exchanges. The military commissaries overseas accept manufacturer's cents-off coupons for up to six months past their printed expiration dates. What a treasure it is to know that our expired coupons can mean a real difference to the families who have dedicated and sacrificed a part of their lives for the sake of our country. [Visit our website for more information on this program & other ways you can help soldiers and their families](#)



STAMP MINISTRY

1. If you are working on the postage stamp project as an individual then you will need to collect 10 stamps to earn the postage stamp patch.
2. Please leave a border around the stamp of the background paper it was placed on.
3. No metered mail stamps are accepted, only actual stamps.
4. All designs are accepted especially Limited Edition, Christmas, Love, and Foreign stamps.
5. Throw away all stamps **on deep colored paper, such as red, black, or green envelopes**. The dye of the envelope seeps into the stamp image.
6. We can not accept torn or damaged stamps.
7. Simply place the stamps in an envelope or Ziploc bag for delivery.
8. You can **mail your stamps** to the Florida address:

Linda Hershberger

Attn: STAMPS

7836 Coot Street
Orlando, FL 32822

Socks and Anti-Bully

MILLION MISFIT SOCK ANTI BULLY PATCH PROGRAM

Stand up for bullying during the sock march weekend to earn this patch.



Find the perfect pair of misfit socks to sport together to celebrate our individual differences and stand up against bullying. We are all different, but sometimes our differences can make us feel like we don't fit in or don't matter, especially when we are bullied because of those differences. Can you help us inspire millions to embrace their inner misfit and wear their misfit socks on this day? Tell your friends, family, classroom, church, and community and take the pledge to participate.

Official site: <http://misfitsockmarch.wix.com/misfit-sock-march>

MISFIT SOCK ANGEL PATCH PROGRAM

[Only Patchwork Designs, Inc has exclusive rights to sell this patch.]

Help someone feel better by creating a sock package during the holiday season



Misfit socks can be created into wonderful gifts for the holiday season. In order to earn your angel wings, you complete the following: **Gather** your misfit socks to stuff. **Stuff your socks** for children or adults in need of a Holiday smile. **Gather** your supplies you need.

You can collect or purchase items to place in the misfit socks. Suggestions for children are: jingle bell necklaces, pens, candies, and small toys. **Create** your misfit sock gift and deliver it to someone in need. Official site: <http://themisfitsock.wix.com/misfit-sock-angels>

MISFIT MATCH PATCH PROGRAM

Help someone feel better by creating a sock package any time of the year.



Do you know someone who could use a pick-me-up? Use a Mis-match sock and create a pick me up gift by filling the sock with fun things to do to make them feel better.

MISFIT STRONG ANTI BULLY PATCH PROGRAM

Find the perfect pair of misfit socks to sport any day of the year to stand up against bullying. We are all different, but sometimes our differences can make us feel like we don't fit in or don't matter, especially when we are bullied because of those differences. Can you help us inspire millions to embrace their inner misfit and wear their misfit socks on this day? Tell your friends, family, classroom, church, and community and take the pledge to participate.



SOCKS FOR THE SOUL

This project was created by a non-profit organization "Socks for the Soul" to assist the that are in need of socks on a daily basis.

This patch program represents all the hard work that goes into collecting socks to give to those in need. You can donate to local shelters and churches or send them to oversea orphanages and organizations.



Letters and Cards

VALENTINES FOR VETERANS [card template on page 15](#)

1. Cards can be created in every shape and size — and are made with everything from tissue paper, stickers, and colored doilies to crayons, construction paper, and rubber stamps. Please do not place glitter on the cards. You can send a store-bought valentine; hand-crafted cards, however, make Veterans feel extra special. Valentines of all shapes, sizes, and colors are welcome. However, valentines that are greeting-card size are easier to package and distribute.
2. Please do not include candy or chocolate with the valentines. Do not use sparkles or materials that easily break off the valentines.
3. Participants can sign their first name. However, do not include addresses or phone numbers.
4. Do not put individual valentines in sealed envelopes. Send a single large envelope containing all of the valentines.
5. Do not put the date or year on the valentines.
6. Make sure the participants are aware of who Veterans are—they are living and were men and women who served in the military. Avoid using "RIP" and images related to violence or death such as graveyards or guns.
7. If you would like to write in the card, tell the Veteran why they are important, what you plan to do this year to remember our nation's proud military history, or the reason you want to wish them a Happy Valentine's Day. Thank the Veteran for his or her service. You can write a poem or include one of significance to Valentine's Day or to Veterans, such as, "Roses are Red".

LETTERS TO SANTA PATCH PROGRAM

Write a letter to Santa to make a wish come true for someone

Write a letter to Santa, participate in the letters to Santa that sends a letter to a soldier, or volunteer to write letters to a needy child. Your letter can help a child's wish come true: Macy's is inviting kids all across the country to believe by dropping off a letter for Santa at a local Macy's Santa Mail letterbox. For each and every stamped letter dropped off in a Santa Mail letter box through Christmas Eve, Macy's will donate **\$1 to Make-A-Wish, up to \$1 million, to help grant wishes for children for the holiday season.** For more information on the Believe campaign, go to www.Macys.com/Believe



CARDS FOR SOLDIERS PATCH PROGRAM [template on page 14](#)

Make cards for soldiers. You can send to organizations that are collect them. They will be delivered to veterans, bases, overseas, and hospitals

- 1) Make your own cards. No puffy paint, glitter, or envelopes.
- 2) Cards with winter scenes or a Happy Holidays message are really the better choice.
- 3) Don't forget when you create your card please only sign your first names only.
- 4) Mail your cards to the following addresses: **Diane Schneider, 119 Brentfield Loop, Morrisville, NC 27560**

LETTERS TO LADIES [template on page 16](#)

- 1) Write a letter(s) or card(s) to ladies that are going through breast cancer.
- 2) You may use any note card, stationery, or paper but please keep **cards** should measure a piece of paper folded in half, to ensure your letters can be used.
- 3) Letters are to cancer centers where medical staff hand out individual letters to newly diagnosed patients.
- 4) WHAT TO SAY: The best way to start your letter is with "Dear Friend" or "Dear Sister." We encourage you to sign just your first name and last initial (Gina M.). And because we don't know a distribution time frame, please DO NOT DATE THE LETTERS OR WRITE THE SEASON you created it.



**SEND TO: Girls Love Mail
2330 E. Bidwell St.
Suite 200
Folsom, CA 95630**

Artistic and Creative

PINWHEELS FOR PEACE—[template on page 13](#)

To earn this patch:

1. Decorate the pinwheel template using your imagination and artistic skills.
2. Write on the back what peace means to you.
3. Create your pinwheel by folding it together and attaching to a pencil.
4. Plant it somewhere so everyone can see it. You will need permission to plant them in a public facility.
5. Order your patch.

View the below website for a pinwheel template

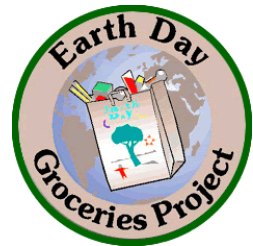
<http://pinwheelsforpeace.com/pinwheeltemplate.html>



EARTH DAY GROCERIES PROJECT

Decorate grocery bags and share environmental messages to earn this patch.

The Earth Day Groceries Project is a cost-free environmental awareness project in which students decorate paper grocery bags with environmental messages for Earth Day.



To earn this patch there is four simple steps:

1. **Bags.** Contact a local grocery store that uses paper grocery bags. See if the manager will let you have enough bags so that each participant can decorate one.
2. **Decorate.** Have participants decorate the bags with pictures of the earth, environmental messages, the name of your group, etc. Be creative! **NOTE: Students should not write their last names on any bags.**
3. **Deliver.** Use the bags the next time you go to that grocery store to place your groceries in or you can ask to display some them in the window for earth day.
4. Purchase your patch.

ARTISTS IN THE MAKING

This patch program will guide you through your service project where you will:

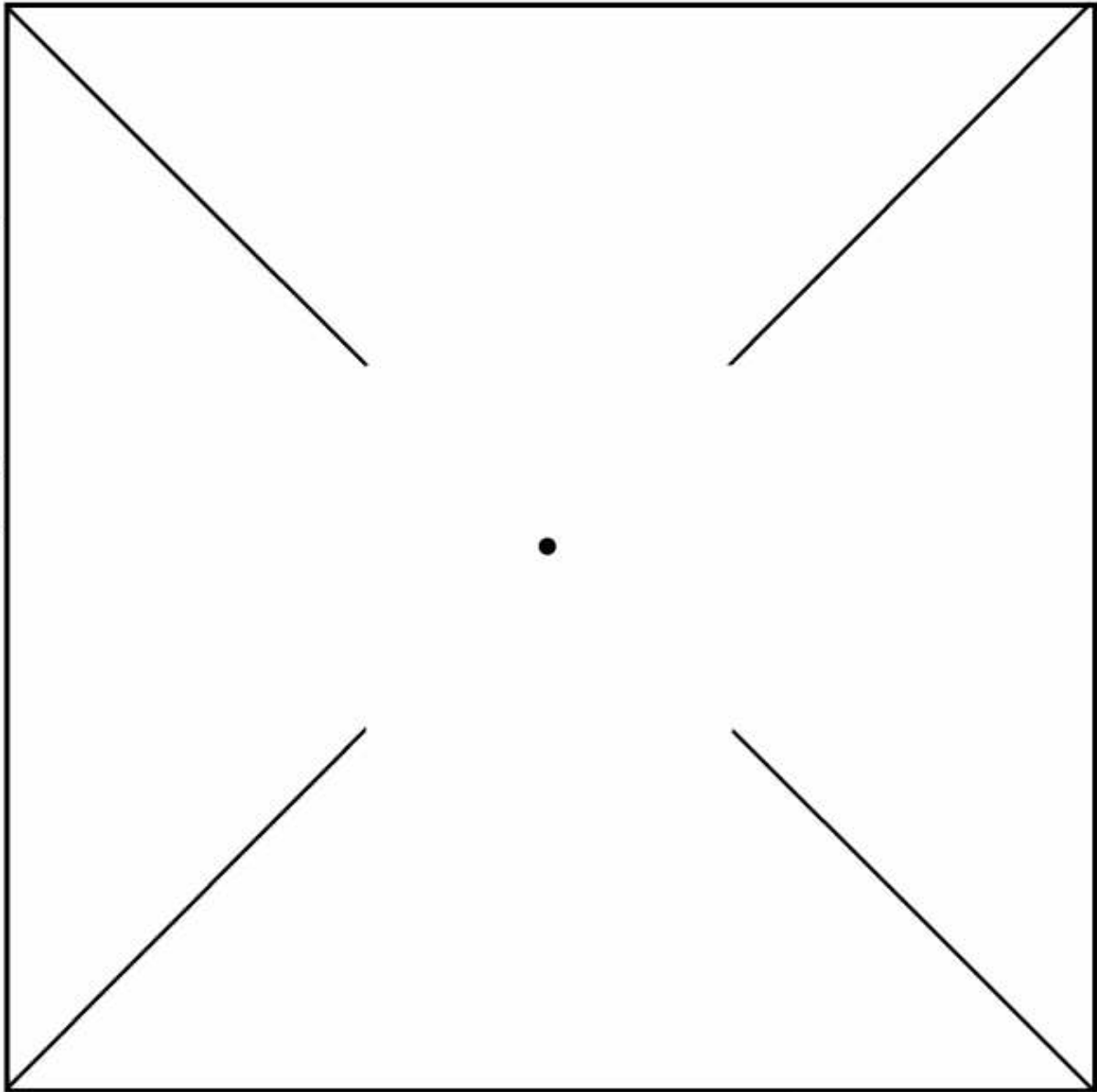
1.) **COLLECT/PURCHASE:** Find a local children's Hospital OR Ronald McDonald House that could use the art supplies for children.

2.) **CREATE.** Create gift baskets or gift bags to put the art supplies in. Be creative when making these. There are plenty of options, for instance, make a gift basket with your group and cover it with cellophane or make smaller bags with crayons, markers and a coloring book so individual children can get their own supplies. For extra, you can **create a card** to place in the bag or basket. Make sure you DON'T sign you last name.

3.) **DONATE.** Donate these supplies to a local Children's Hospital or Ronald McDonald House where the children can enjoy them. 4) Purchase your patch.



for more information, visit <http://pinwheelsforpeace.com>



What you need:

Scissors
Straight pin
Pencil with eraser
Colored pencils or markers to decorate

Pinwheels for Peace

How to get started:

Cut out the pinwheel square on this page. On one side of the paper, write down your feelings about war/peace/tolerance/living in harmony. On the other side of the paper, use markers, colored pencils, paint, or other art media to visually express your feelings.

Following the lines on the template, cut in from all four corners, leaving about 2 inches of center uncut.

To create the pinwheel:

Gently bend (don't fold) one of the cut corners to the center point.

Skip the next cut corner, and bend the next one.

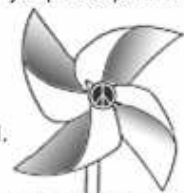
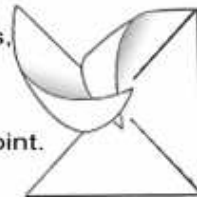
Skip and bend until four points meet in the center.

Then stick the straight pin through all four points AND the back of the pinwheel.

Stick the pin into the pencil eraser. Find some wind to test it out.

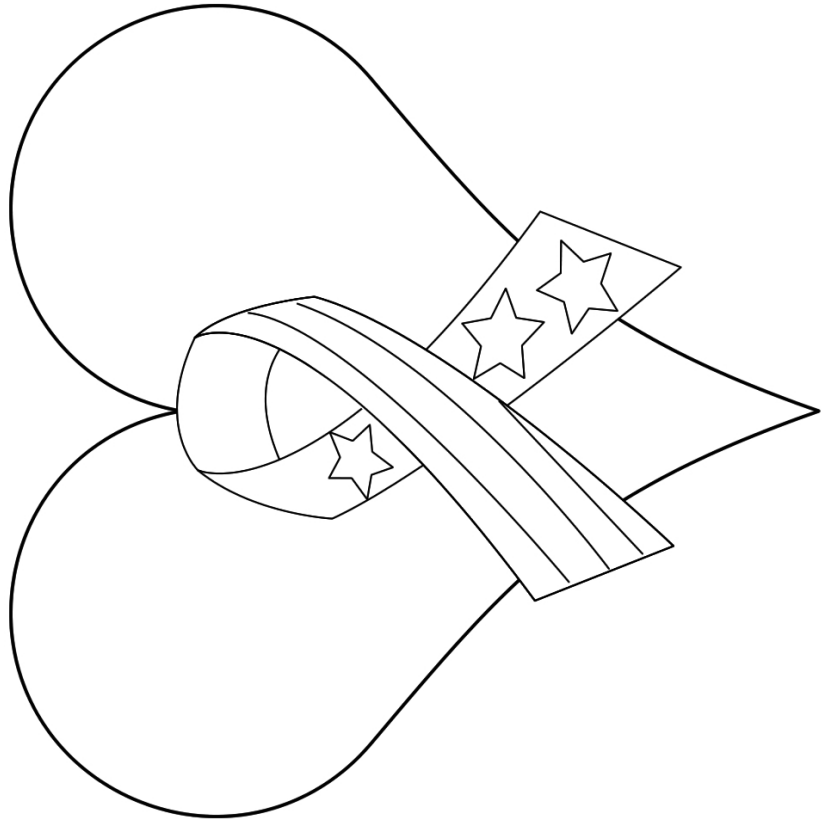


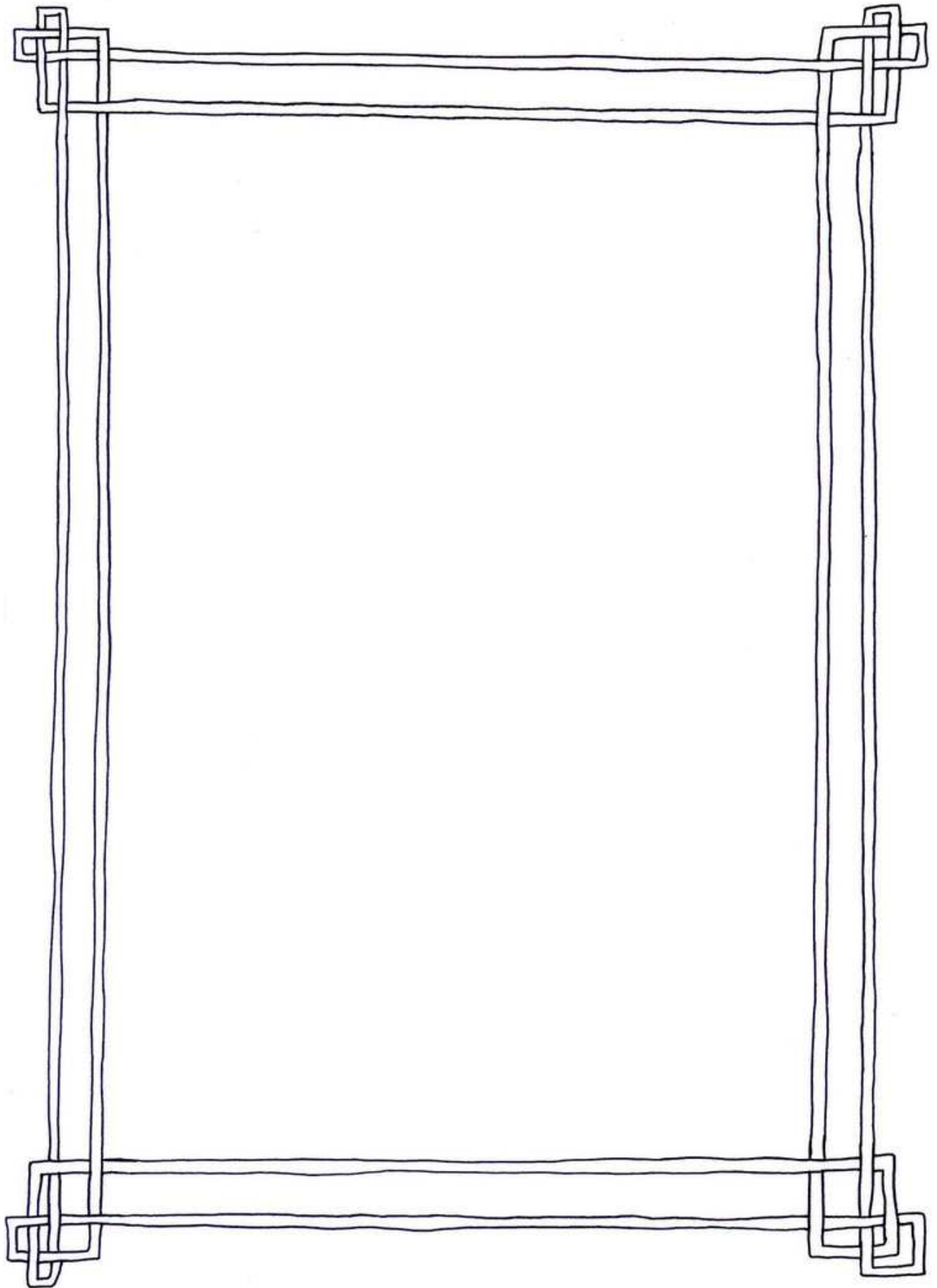
Cut out this peace sign and put it in the center of your pinwheel before you put the pin in it.




HAPPY

HOLIDAYS





Chore Chart

	Clean Room	Dishes	Set the Table	Vacuum	Dust	Pick up toys
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Covers requirement for chore charts

Princess Scout Checklist Sheet

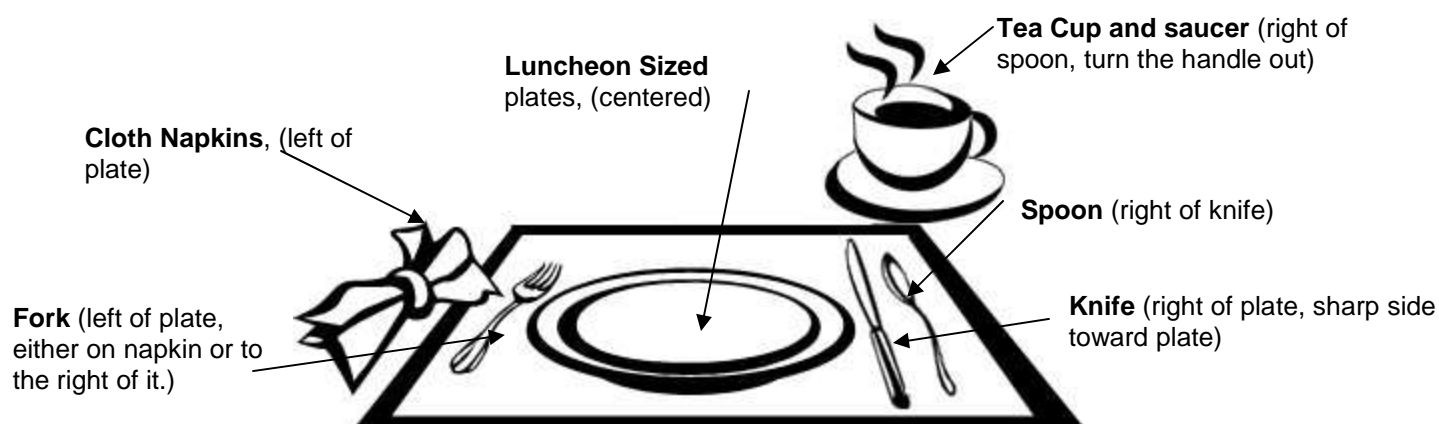
Princess Scout Attributes Complete one [1] activity to earn the patch and year bar and an additional [1] annually for the NEXT bar.	Description of item you did to complete requirement
KINDNESS AND HONESTY - To be compassionate to others and their feelings. Start with truthfulness with yourself, once you find that you can be sincere with kindness to others	
TALENT AND SELF AWARENESS – Natural qualities or abilities of your personality. Be aware of your talents and recognize what you are good at and what you want to achieve.	
IMAGINATION AND CURIOSITY -The ability to create something from your own ideas and exploring your world for new ideas.	
LOVE AND EMPATHY - Show a feelings of affection towards others. Help someone in need. Be buddy to someone or be helpful to someone	
FRIENDSHIP AND FORGIVENESS - Being trustworthy and affectionate. To show understanding and no resentment against another person.	
KNOWLEDGE AND SETTING GOALS - Being perceptive and eager to learn. "Never stop learning for the knowledge of something new and fruitful is never to old to learn"	
HELPFULNESS AND TEAMWORK - Providing assistance or a service to others in need; showing a willingness to cooperate with others. "a child who is helpful around the house can save the mother many steps".	
CONFIDENCE - Believe in yourself and you can achieve anything. Don't let anything knock you down or bully you.	
PROSPERITY - Advance or gain in anything good or desirable. Make successful progress in any goal or good fortune.	
INTEGRITY - Freedom from corrupting influence or quality or feeling of completeness. Say "no" to something that you know your parents or elders have taught that was wrong.	
LEADERSHIP –Learn how to make decisions and take responsibility for yourself or other people. Simple basic decision making leadership skills include: Making choices between activities, should I purchase this item and what are the pros and cons, deciding on a goal for yourself to accomplish etc.	
RESPECT - Gain self-esteem for yourself and learn to respect your elders or authority figures; having a courteous regards for people's feelings. Complete a good deed for a someone in need.	

Table Manners

1. No elbows on the table at a formal dinner event. Only rest your forearms and wrists on the table when not eating.
2. Always eat with your utensils if the food is meant to be eaten with utensils.
3. Do not stuff your mouth full with food. Eat in smaller bites.
4. Chew with your mouth closed; your dinner guests do not want to see what is inside of your mouth. Also, do not talk with your mouth full.
5. Never make any rude comments about the food being served. It could hurt the servers feelings, or be disrespectful to their culture, if the meal is cultural. Try the food that is being served to you. If you do not like it, then leave it on your plate.
6. Always say thank you when being served.
7. Always wait until everyone at the table has been served
8. Eat your food slowly.
9. If you are eating rolls, tear off a piece and eat or butter. Do not take bites off the roll or eat the entire bread in one bite.
10. Do not reach over anyone to get something. Ask nicely for someone to pass it over to you.
11. Do not pick anything out of your teeth at the dinner table. If you must, excuse yourself and go to the bathroom to floss or use a toothpick.
12. Always have your napkin laid across your lap. When it is needed, simply dab your mouth. Do not wipe your face or blow your nose into it. If you must, then excuse yourself from the table and go to the bathroom.
13. If eating at someone's house, thank the person and tell them how you enjoyed the meal. Add in what your favorite dish was to make the host feel your gratitude.

Tea Party Etiquette

1. Hosting a tea party: Present food in this order scones or muffins, sandwiches and then sweets.
2. Always take small bites. Ladies do not stuff entire pieces of food in their mouth.
3. If you are wearing gloves, then remove them before eating.
4. If you are seated at a table, only raise the teacup, not the saucer. If standing or sitting without a table, hold the saucer in your lap with your left hand and raise the teacup with your right hand.
5. Do not ever dip scones or muffins. Treat them as if they are dinner rolls where you only break off parts and apply butter or jam as you like.
6. Never slurp your tea, slowly sip in small amounts.
7. Never lay the utensils on the table or table cloth, place them on your plate.
8. Fold your napkin on your lap. If you must excuse yourself then place the folded napkin on the table besides your plate, not the chair.



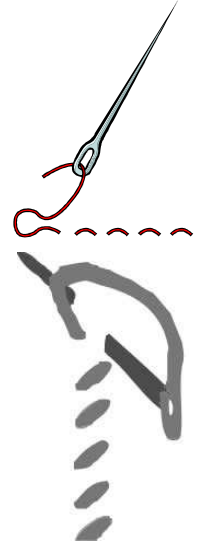
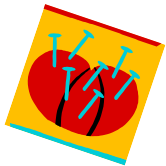
Sewing Projects [self improvement or donations]

Straight Stitch

This simple stitch is used to hold together two pieces of fabric, sew hems or to gather fabric together. Begin by knotting your thread and then simply threading through the fabric in a straight line by weaving it in and out. Try to keep your stitches even as you move your needle up and down through the fabric.

Back Stitch

This stitch is used for preventing fraying or rough edges on a piece of fabric. It is done by rolling the rough edge of fabric under and sewing over the edge of the fabric. It can be used for seams and decorations.



Sewing Crafts

T-shirt Pillows

Favorite t-shirt you have outgrown
Needle and thread
Poly Fill stuffing

Choose a shirt that is decorative or colorful that you have outgrown. Stitch the bottom and sleeves closed. Place the stuffing inside and then sew the top shut. You can also use the sewing machine to make it quicker.

Purse— This is a great item for gathering swaps at a cultural event or to hold your accessories.

Felt or vibrant colored material
Sewing machine or needle and thread
wide ribbon (for the strap)

Decorative items: iron on symbols, buttons, ribbons, decorative trim, sequins, etc.

Cut two pieces of material in the approximate size of 5 X 7 inches. One side will be the front and the other the back. Decorate with the front with beads, buttons etc., before you sew the two pieces together.

After the purse is decorated place the front and back outside sides together. Sew the sides and bottom together, leaving the top portion open. Turn the purse right side out. Fold the top of the purse over to create a hem and stitch along the edge. Measure the length of the strap according to the person wearing it. Some like to wear it diagonal across the chest, so keep that in consideration. Stitch one end of the ribbon on the inside of the purse on the side seam.

Lace Headband

3 inch wide of elastic lace - Measure from ear to ear on your head
Needle and Thread
Ribbon or fake flowers

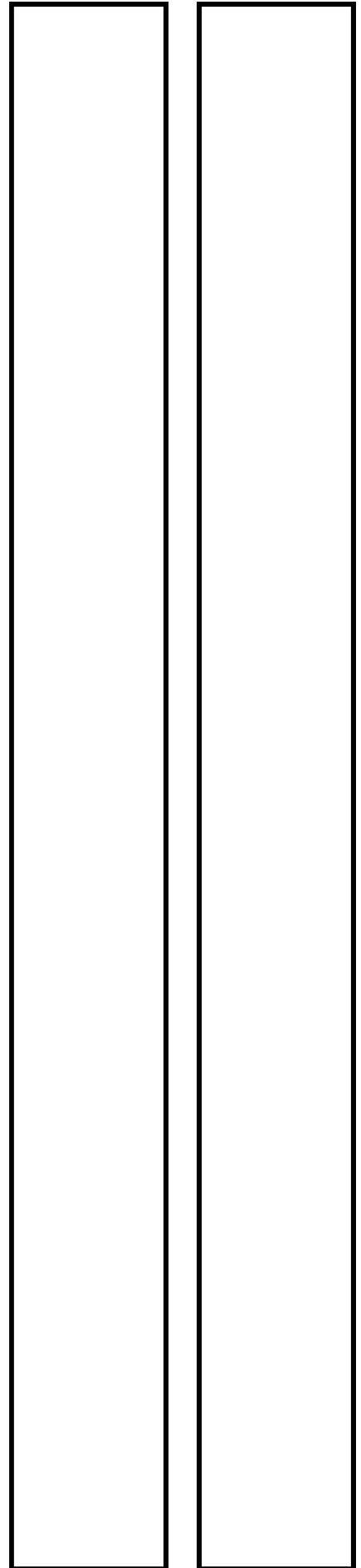
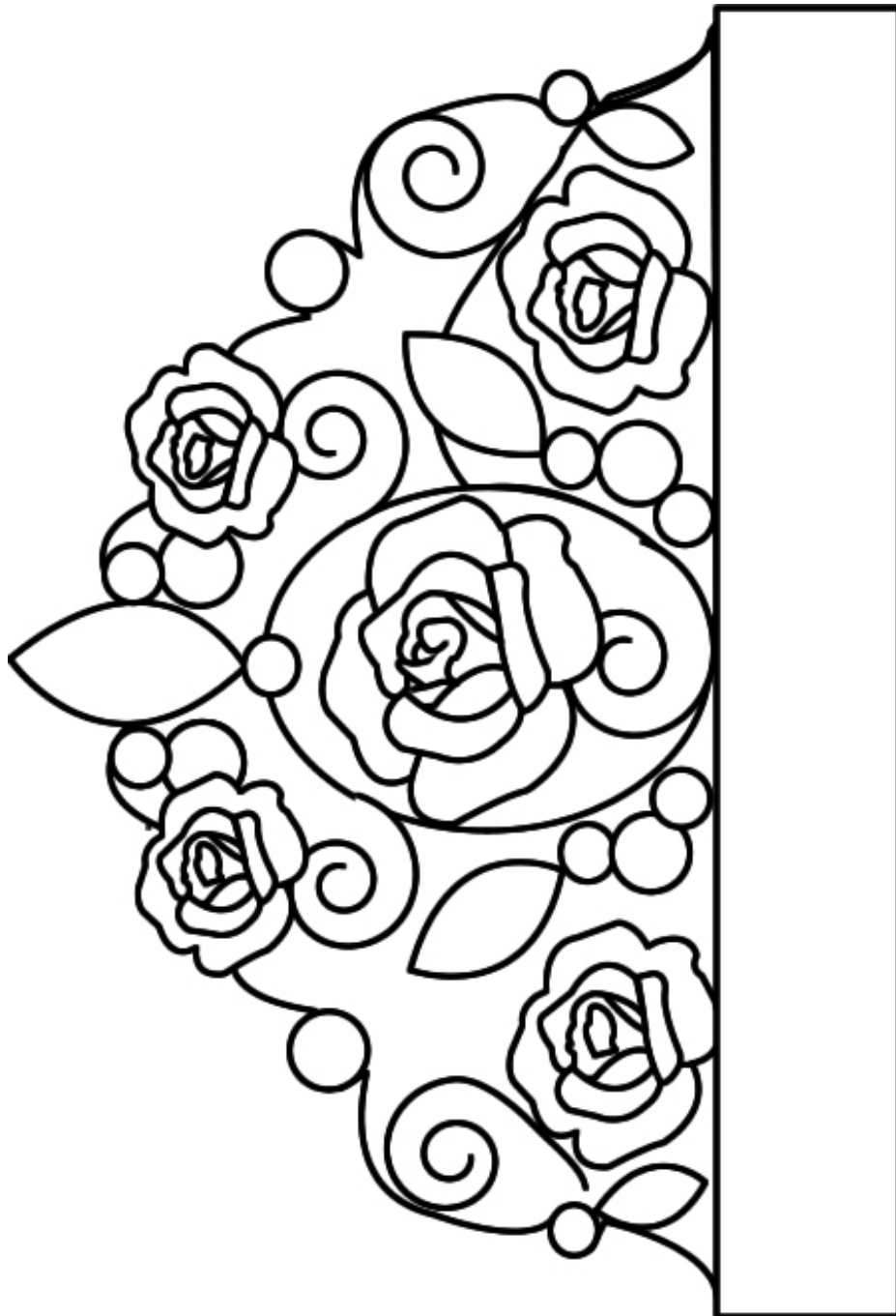
Begin by measuring your head with the lace. Measure from behind your ear and going around to the other side of your head behind your ear, cut about an inch longer than you measured. Sew the elastic lace together on each end. Make a bow with ribbon or use a silk flower. Sew the flower on the side of ribbon over the stitched area. Place it on your head with the ribbon or flower on the side of their head.

Crown Pattern

Create a beautiful crown to represent a princess of your choice. Copy this pattern on poster board or cardstock so you can decorate it. Use the long strips attaching them to the sides of the crown to create a band to go around your head.

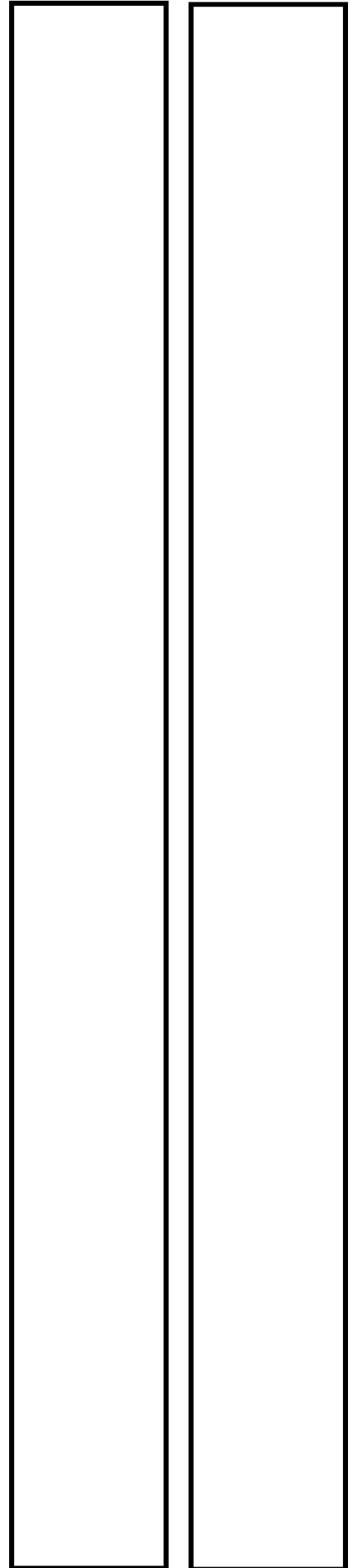
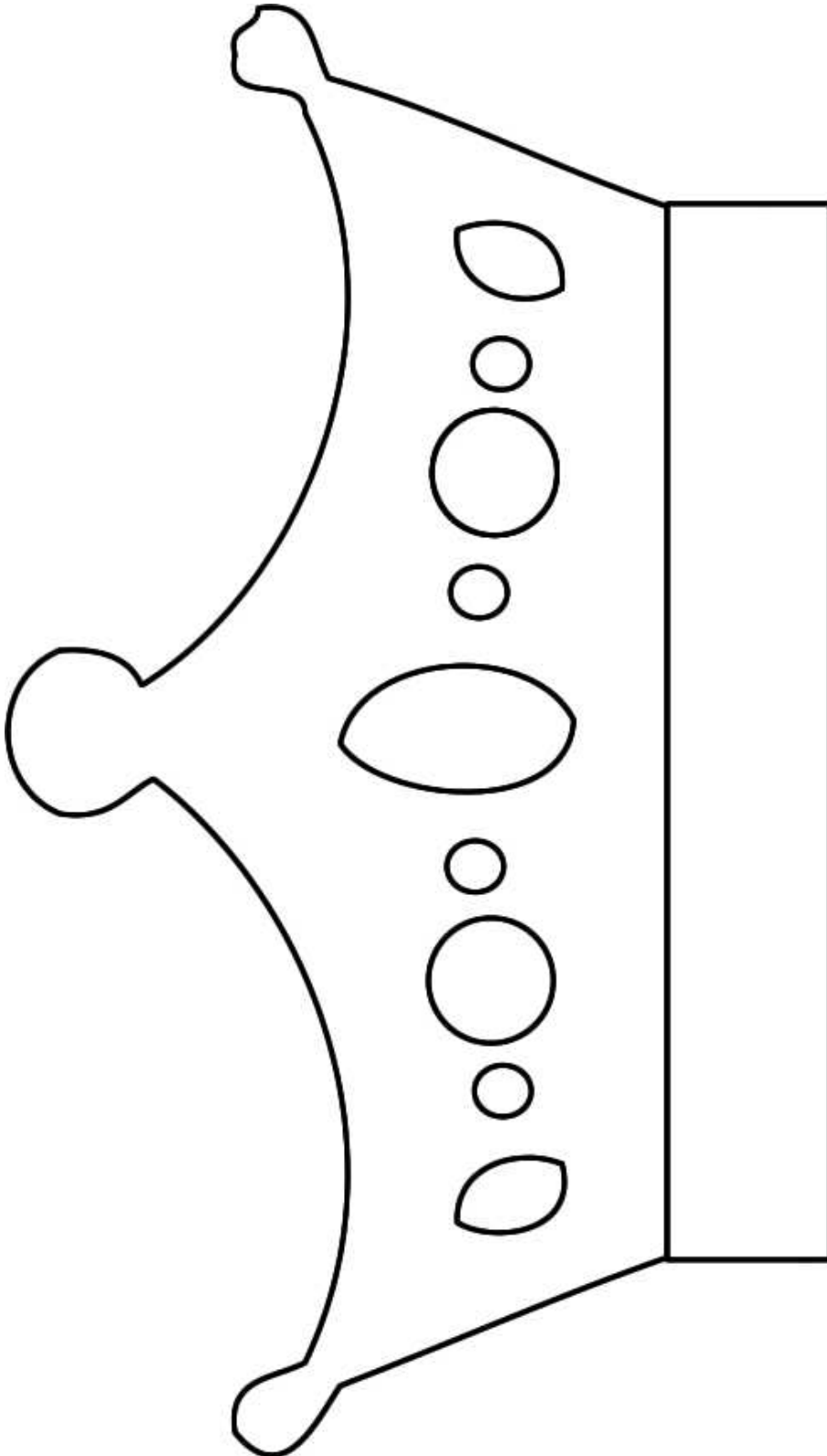
Suggestions for decorations: glitter glue, sequins, stick on rhinestones, ribbons, fringes, tissue paper, streamers, etc.

Make sure you don't make it too heavy so still stands upright when you wear it.



Crown Pattern [optional 2]

Create a beautiful crown to represent a princess of your choice. Copy this pattern on poster board or cardstock so you can decorate it. Use the long strips attaching them to the sides of the crown to create a band to go around your head.



YOU ARE A
PRINCESS
SCOUT!

You are a true individual regarded as having the status and qualities of a princess. You explored paths of creativity, imagination, loving, caring, and kindness.

Wear your crown with pride!

AWARDED TO:

Date: _____



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Patchwork Designs, Inc.

ORDER FORM

Please complete this form and mail or fax it to:

Patchwork Designs, Inc.

8421 Churchside Drive
Gainesville, VA 20155

(703) 743-9948 PHONE
(703) 743-9942 FAX



You can add any additional items to this form that you may need.

Name _____

Address _____

City _____ State _____ Zip _____

Phone () _____ Referred By: _____

Email Address: _____

Discover/MasterCard/Visa# _____ - _____ - _____ or Check # _____

Expiration Date: _____ Have you ordered before? _____

Item #	Description	Quantity	Unit Price	Total Price
PRINCESS	Princess Scout Patch-silver		\$2.00	\$
PRIN-GOLD	Princess Scout patch-gold		\$2.00	\$
	Princess Scout Bar _____ {year}		\$1.00	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
SUBTOTAL				\$
Regular Shipping & Handling (view chart on next page)				\$
Special Shipping (next day, priority mail etc)				\$
TOTAL ENCLOSED				\$

PATCHWORK DESIGNS, INC

WWW.PATCHWORKDESIGNS.NET

8421 Churchside Drive
 Gainesville, VA 201565
 Phone: 703-743-9948
 Fax: 703-743-9942
 E-mail: orders@patchworkdesigns.net


Patch and Program
 Created By:
Cheryle Oandasan

If you would prefer Priority Mail, please add \$2.00 to the \$4.99 or above shipping category.

Next day service is an average cost of \$28.00 (USPS determines the pricing according to the zone and weight.)

Patches	
1-5	\$3.55
6-20	\$4.99
21-30	\$5.99
31-50	\$6.50
51-70	\$6.99
71-100	\$9.55
101-150	\$10.55
151-200	\$13.00
201-400	\$15.99
401-500	\$17.50
Over 500	Contact us for pricing

Kits or Manuals (shipped Priority Mail)	
1	\$6.99
2	\$9.25
3-5	\$10.75
6-8	\$12.75
10-12	\$15.75
13-20	\$22.25
21-23	\$24.00
Over 24	Contact us for pricing

Kits and manuals range from 30 to 62 pages in length (except the Patch Program Book, that is over 100). Therefore if you are ordering more than 2 kits or manuals, please use the above shipping chart. Patches, bracelet kits, and stamps can be added to any order falling within that price range. Otherwise, use the highest shipping amount on the chart according to the items ordered.