

## Girl Power

**Complete 1 requirement to earn this patch.** {for extra you may complete more, especially by using our on line worksheets.} **Item: GIRLPOW \$1.50**



Girl power is showing what you are really made of and being a great friend to everyone around you. Girls take other people's emotions into consideration and are strong, smart, and independent. They strive to be a better person and try to reach your full potential, while helping others along the way.

Examples under the requirements are only examples you can complete the requirements using your idea of the topic of the requirement to complete the requirements.

**1. Bullying:** Being mean, teasing, hurting your feelings, being bullied is never an acceptable or good experience. It hurts someone's feelings and upsets them. Usually the people that bully have a low self-esteem, getting bullied at home, trying to fit in, lonely, sad or angry. These are no excuses but sometimes if you act like it doesn't bother you or you ignore it, they will leave you alone. Have an open discussion about bullying with your family or group OR participate in an activity or event that is a stand against bullying.

**Ideas for discussion** or come up with some of your own: Think of ways to prevent bullying, practice going over scenarios about situations and talk it out to decide whether it is bullying or not; read a book or quiz that helps you understand bullying; stand up for yourself or report a bullying; talk about who you should report bullying to and how to help if someone is being bullied.

**2. Courage:** Standing up for yourself and your friends takes courage. It enables a person to face difficult situations, act in danger, and have bravery. **Complete one of the following:** Talk about what makes you feel brave when you are scared and why [flashlight, stuffed animal, etc.]; use a puppet to create a skit about courage; create an art project; complete the sentence "I am brave when \_\_\_\_\_" or read a book about courage.

**3. Honesty:** Truthful, sincere, and fair to friends and family is the best path to an honest relationship that shows you can be depended upon and trusted. Sometimes being honest may be hard, but it is the right choice and helps you stay strong. **Complete one of the following:** Read a book that has a moral of honesty; role play or make up a skit about telling the truth, Ex: What if you broke something; talk about a time that you were honest, or create an art project representing honesty or truth.

**4. Friends:** What is a friend? Someone that makes you feel good about yourself, you have fun with, you have things in common with, who likes you for you, and cares about your feelings. **Complete one of the following:** Make a new friend, stand up for a friend, make a friendship bracelet, listen to music, have a slumber or spa with friends, or do something together as friends. Building a friendship takes time and effort on both people, but it could last a long time if you both work together.

**5. Caring:** Showing that you care for friends, family and your community gives you a chance to become a better person inside and out. **Complete one of the following or come up with a caring project of your own:** Complete a community service project, listen to a person's problems, help them work out their decisions, stick up for your friend, or send them a text or note of encouragement. Optional Activity: If you are in a group setting have everyone take a piece of paper and write their name on it and place it in a bowl. Each person draws a name and writes on the back of the paper one thing nice about that person. [EX: You have a beautiful smile]

**6. Loving:** Show compassion for someone in need or that is your friend or family. **Complete one of the following or come up with a loving project of your own:** Create Valentines for veterans, elderly or those in need of loving, stand up for someone that is getting bullied or embarrassed; helping someone; make a card for someone; send a thank you note to a teacher; or complete any other community service project.

**7. Laughter:** Having fun with your friends is also a great way to be yourself and feel accepted as the person you are. Get together with your friends or family and have fun, play games, have a sleepover, watch a movie, etc.

**8. Reach Out:** Giving of yourself to others helps you feel good inside. Complete a community service project of your choice. For examples or ideas view our Blue Angel Community Service Project or view our community service project page online.

**9. Caught in the Act:** Watch a TV show, movie, or televised production about friendship, morale in life, or encouragement dealing with situations of your age group. Examples include, Disney® movies or shows, American Girl Movies®, etc.

**10. Dig In:** Create food or enjoy food to celebrate life. Examples include: Making cookies with your friends, ice cream social, homemade pizza, popcorn balls, root beer floats, multi-cultural event, chocolate fest, fondue, OR finger food.

**11. Celebrate Life:** Create decorations for a party or celebration. Examples include: Slumber party, tea party, ice cream social, picnic, dance, holiday celebration, birthday party, or Girl Power [all about girl fun, nails, hair, and giggles].

**12. Fun Times:** Play games or create activities to play representing the Girl Power theme. Examples include: making lip gloss, spa night, BINGO, karaoke, dancing, burning CD's, OR playing board games.

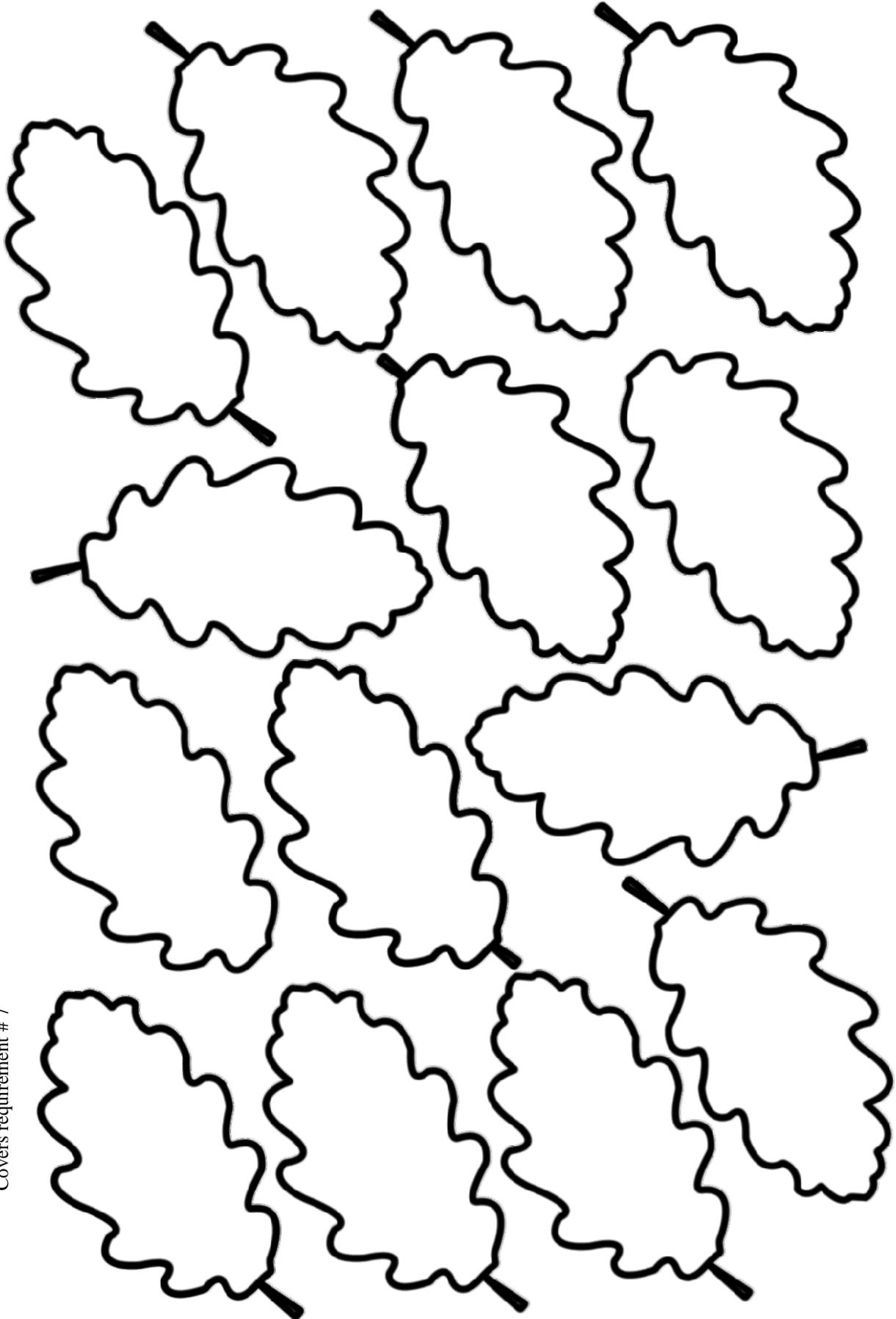
**13. Crafty:** Create a craft or art project that represents a fun time with your friends or an all about me book. Examples: collage of your favorite outfits out magazines, picture frames, friendship bracelets, hair accessory, or homemade lip gloss.



# Kindness Tree

Make copies of the leaf prints to place on the “kindness tree”. Let the participants choose to write something nice that they did in the last week, color it, and cut it out. Use tape on the back of the leaf to add it to the tree.  
Example: loaded the dishwasher, I dusted, or cards for elderly.

Covers requirement # 7

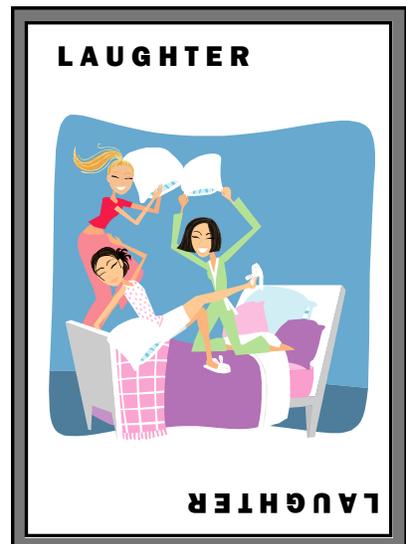
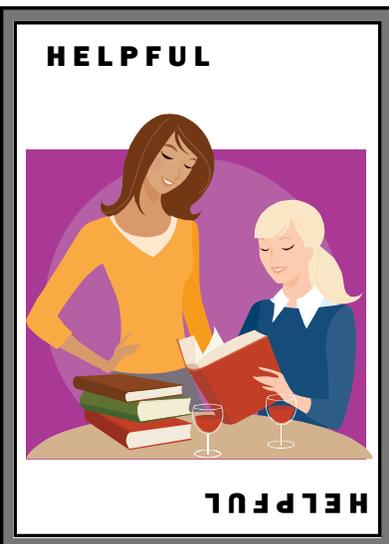


# Kindness Tree



# Friendship Card Game

Make two copies of these cards for memory card version. Make four copies to use the cards as a "go fish" version. OR Use the cards to pass out or choose one and have them talk about a time that represents that word. When were they helpful? OR When they make a match they talk about an example representing the cards.



# Caring Cards

Make copies of these cards to distribute to the participants in your group. Write a name on the card before passing them out or having them draw from a bowl. They are to write something nice about the name of the person on the card. Examples: Their hair is pretty, they always share, they can draw well, they have a nice smile, etc.

|            |            |
|------------|------------|
| Name _____ | Name _____ |

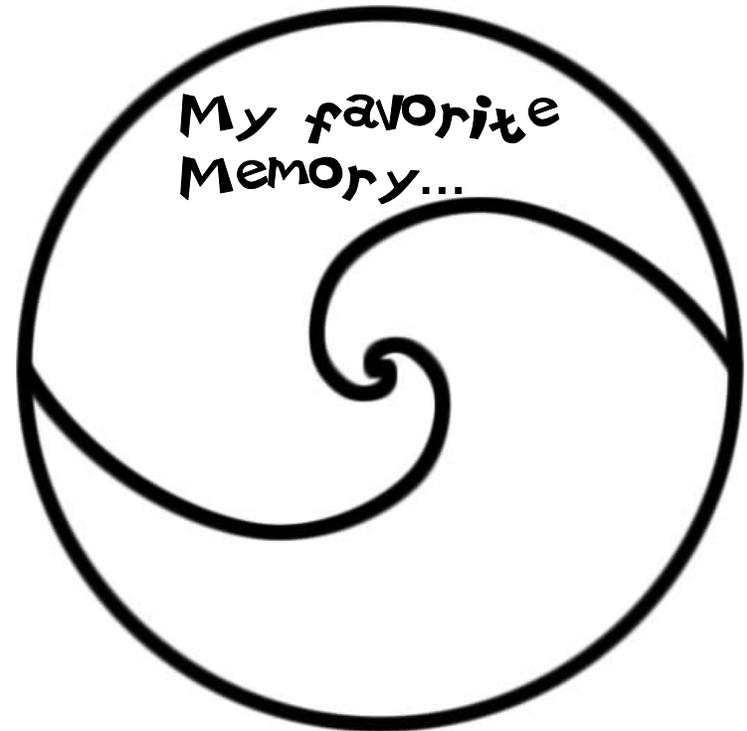
## Answer the Scenarios on Bullying

Ask the questions to the participants and discuss how they would answer the questions if they were in that situation or saw the situation. OR have them answer the questions on paper.

|   |  |
|---|--|
| <p>Every day at school a girl in your class sits by you at lunch and takes your milk. You say...</p> <p>A. Nothing she has been doing it all year why say something now?</p> <p>B. Before lunch you say, "I just wanted to let you know that you can't have my milk today."</p> <p>C. "I'm getting tired of you taking my milk everyday, starting today you will have to buy your own milk."</p>                        | <p>A girl at your lunch table takes your neighbors tray and tilts it until it dumps on their lap. What do you do?</p> <p>A. Stay seated and pretend nothing happened.</p> <p>B. Get some napkins and help clean the mess up.</p> <p>C. Yell at the person, "What were you thinking?" "You are so mean." and help them clean up the mess.</p>   |
| <p>Two girls in your class are passing notes giggling and pointing at you. You look back and they say...."You are right her outfit is ugly."</p> <p>A. Say nothing but look at them with a sad face.</p> <p>B. Look at them and say "I like my outfit and that is all that matters."</p> <p>C. Turn to them and say "If you have something to say to me, then say it to my face instead of passing notes about me."</p> | <p>There is a big party on Friday night and all the kids are invited from your math class. The girl giving the party has told a few kids in the class it's a costume party.</p> <p>A. Say nothing you don't want to get involved.</p> <p>B. Secretly let them know that they don't need to dress up in costumes for the party.</p> <p>C. Stand up to the host and say "I can't believe you would humiliate the other kids in the class by telling them to wear a costume."</p> |
| <p>You knocked over your mom's vase and when she got home from work she immediately thought the dog did it.</p> <p>A. You say nothing, you can't believe you got off the hook.</p> <p>B. Write a note to your mom and let her know that it you knocked it over by accident.</p> <p>C. Talk to your mom face to face and tell her that it has an accident and you are sorry.</p>   | <p>You picked up the phone while your sister was talking to her friends and heard about her letting her friend cheat on a test tomorrow.</p> <p>A. You don't say anything and hang up the phone pretending you didn't hear the conversation.</p> <p>B. Confront your sister and talk her into not letting the girl cheat off her test.</p> <p>C. Tell your mom what you heard and let her deal with it.</p>  |
| <p>You are with your friend at the store and she is talking about stealing a necklace.</p> <p>A. You say nothing and just try to stay away from her so you won't get in trouble.</p> <p>B. Try to talk her out and tell her that she could get in a lot of trouble, maybe go to jail.</p> <p>C. Tell your mom that your friend was thinking of stealing, "What should I do?"</p>  | <p>A boy stuck a sign on the back of a girls shirt that said "I eat worms" and everyone started laughing.</p> <p>A. You don't say anything and walk to class.</p> <p>B. Go up to her and take the sign off her back and throw it away.</p> <p>C. Take the sign off and confront the person that put it on her. "You wouldn't like it if someone put a sign on you, so you shouldn't do it to others."</p>  |

# All about Me Worksheet

Complete the following phrases about you to help you feel good about yourself. Cut them apart and staple them in the corner. Refer to them when you need support or to feel good about the person you are.



All About Me –Page 2

I feel happy  
when...

People that  
love me...

My favorite  
place to be...

I am special  
because...

EXAMPLE:



## Kate Kangaroo and the Candy

One day Kate the kangaroo went out into the woods and handed out invitations to all of her friends. She was planning a tea party for her birthday this year. After the delivery of the invitations she started planning the party with her mom.

On Saturday her Mom sent her to the market with a list of items to purchase for the party. When Kate arrived at the store she saw all the candy and sweets lined up by the cake mix.

She said "It won't hurt if I only buy one thing that isn't on the list, Mama will never know."

When she got to the register there wasn't enough money to purchase all of the items for the party. So instead of putting the candy back, she put some of the party items back.

When she returned home she dropped the bags at the door and hopped to her room with the sweets hid in her pouch. She carefully placed the items under her bed and then hopped down the stairs. Her mom was rummaging through the grocery bags and noticed that there was some items missing.



"Kate I can't seem to find some of the items that were on the list for the party tomorrow. Is there another bag by the door?" she asked.

Kate crossed her fingers behind her back and started looking down at the floor. "Well, actually, there wasn't enough money for all the things on the list, so I had to put a few things back at the register," said Kate.

"Hmmm, that's odd... I thought I gave you plenty of money for all the items on the list. What are we going to do? But, we really don't have any extra money to spend on the party. I guess we will have to make brownies instead of cake," said Mom.



"What? That is so unfair! I **need** a birthday cake! It is my birthday after all and you promised we could have a tea party..." Kate stated.

"I understand, we have been planning the party for the last couple weeks. So, I guess we can take some money out of the vacation jar for the party," said Mom.

"Thanks Mom, you are the best!" Kate yelled down the stairs.

"Well I am off to the store to finish the shopping so we can get things ready for the party tomorrow," said Mom.

Kate hopped off to her room to find her stash of candy. Later that night Kate had a tummy ache from eating all of her hidden candy. Her mom heard her moaning and came into her room.

"Kate are you alright? If you are getting sick then we will have to postpone the party," said Mom.

Kate sat up in her bed and exclaimed, "No mom we can't cancel the party!"

"Lay back down, if you feel better in the morning then we will still have the party." Her mom turned on her lamp and grabbed the covers to tuck Kate back in. When she pulled the covers up she noticed several wrappers that fell to the floor. She glanced down and said, "Kate, is there something else you would like to tell me?"

"Well, there is something that has been bothering me since this afternoon. I kinda purchased some candy today at the store and when I got to the register I didn't have enough money so I put other things back. I really wanted the candy so bad. I am sorry I lied. I should have been honest with you," said Kate.

"Well, you know it was wrong and I am glad that you told me the truth. You are going to have to choose to take something back for your party so we can put the money back in the vacation jar. Does that sound fair?" asked Mom.

"I guess so! Maybe we should take back the piñata and the candy. And, mom? I feel better now that I told the truth. By the way, crossing your fingers doesn't work, you still feel guilty for lying," said Kate.

# Crafts

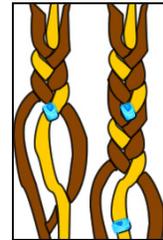
## No Sew Scrunchie

- Elastic bands
- Variety of ribbon colors [approx 3/4 inch wide, smaller requires more pieces]
- Scissors

Cut a variety of ribbons approximately 10 inches long, about 25 pieces. Take one piece of ribbon and fold it in half over the elastic band. Tie it on the band securing it with a knot. Repeat the process alternating the colors of the ribbon. Push the knots side by side until you fill the band up or place enough ties on it that you would like.

## Friendship Bracelet

- 3 different colors of ribbon [1/4 inch wide], can be purchased on a spool
- 3-4 pony beads [optional]
- Tape [packing tape works best to secure it to the table]



### **Directions:**

Cut three [3] strips of ribbon in three different colors, about 16 inches long. Hold them together and tie at knot at the top, binding them together. Tape the top of the tied string to the top of a book or table.

Begin by braiding the string together until the bracelet is complete. Secure it together with a knot, give it to a friend.

**Adding beads:** Add **one [1] bead** on **ONE** of the strings, push it on and continue to braid a few pass overs, then add **ONE** more bead. Braid further, adding a bead, continuing to braid, adding in the next two beads. Secure it together with a knot, give it to a friend.

## Glittery Lip Gloss

- 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.

- \***Paint your nails fun colors.**
- \***Do your hair in a fun new style.**
- \***Create a scrapbook of fun photos.**
- \***Have a cool fashion show.**



*\*Take photos of each other.*

# Recipes

## Popcorn Balls

6 cups of popcorn, popped  
1 [10 oz] package or 4 cups of miniature marshmallows  
1/2 cup butter [1 stick]  
Wax paper



Pop the popcorn plain, air poppers work best, set aside. Melt butter in a large saucepan over low heat. Add the marshmallows and stir together until completely melted. Remove from heat. Add the popcorn, stirring until all the cereal is completely coated. When it is cool enough to touch, butter your hands and shape the popcorn mixture into balls. Lay on the wax paper. Makes about 10 balls.

Optional: *Try adding raisins, peanuts, fruity cereal, gummy bears, or food coloring etc. When adding these ingredients make sure you add them to the marshmallow mixture before you place the popcorn in it.*

## Ice Cream Float

Favorite Soda pops ( everyone can bring their own can)  
2 scoops of vanilla ice cream per creation  
cup  
spoon or straw



Place two scoops of vanilla ice cream inside the glass. Slowly pour the soda over top of the ice cream. This will create a frothy cream effect. Add the spoon or straw and enjoy.

## Chocolate Dipped Choose a variety of items to dip in yummy chocolate.

1 package of chocolate melts  
forks, kabob sticks, etc to use for dipping.  
pretzels, marshmallows, strawberries, and other items to dip in chocolate  
wax paper, paper plates  
Optional: Little gift bags, boxes, ziploc bags to place items in.



Melt the chocolate according to the back of the package. Allow 2-3 people to dunk their items at a time. Give each participant a piece of wax paper, a utensil, and their selected items to dip in chocolate. Mark their name on the waxed paper with a permanent marker. Place the wax paper over the paper plate. This is where they will place their items as they dip them in the chocolate. No double dipping, finger licking etc. The items do not have to be completely covered with chocolate. As they dip each item, they place it on their plate and continue with the next item. After they are cooled, they can eat them or place them in a ziploc bag.

## Homemade Pizza- Directions for one pizza

1 premade pizza dough  
1 cup of sauce  
1 1/2 cups of mozzarella cheese  
Optional toppings: pepperoni slices, mushrooms, olives, peppers, pineapples, ham, etc.



Place dough on a non stick pan or spray the pan with non grease spray. Spread the dough out evenly on the pan. Place the sauce on the dough and spread out evenly with a spoon. Begin piling on the toppings you chose and top with mozzarella cheese.



Patchwork Designs, Inc.

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