

Circle of Friends Girl Scout Patch Program



From the very beginning, Girl Scouting was an inclusive organization. Even our founder, Juliette Gordon Low, faced challenges with a disability. After an accident damaged her hearing at the age of 24, an additional injury a short time later worsened her condition. She knew in 1912, as she founded what has become the world's preeminent organization for girls, that including all girls was important.

Now, as we move into the next 100 years of Girl Scouting, we are still including ALL girls and we are being more purposeful about it. Join Girl Scouts- North Carolina Coastal Pines as we embark down a road of discovery, learning about ourselves and the community around us, connecting to others regardless of how alike or different we are, and finally, as we take action, to truly make the world a better place.

Circle of Friends Patch Program is for all girls, ages 5-17. Included are activities, articles, and quizzes. While this patch program can be completed with the activities included in it; or for a more enhanced experience, the Inclusion Kit can be checked out from your membership director and your girls can gain a richer experience with additional resources in the kit. Resources from the Inclusion Kit are listed below.

A special thank you to our generous partners who helped make our Circle of Friends + Include ALL Girls Initiative successful: The National Inclusion Project, Mitsubishi Electric America Foundation, Girl Scouts of the USA, CVS as well Community Partnerships, Inc, the Tammy Lynn Center for Developmental Disabilities and Special Olympics of North Carolina.

Inclusion Kit Resources

- Darius Goes West, DVD
- Let's ALL Play games and resources*
- *My Friend Mikayla*, book
- World's Kindest Playing Cards + Activities, Giva Geta

*Let's All Play is currently being updated. When we receive the updated copy it will be put into the Inclusion Kits. If you receive a kit without Let's All Play together that is why.

Please email patchprogram@nccoastalpines.org for details and assistance in reserving an Inclusion Kit for use by your group!

To earn the Circle of Friends patch please complete the following requirements and return the evaluation and order form:

Requirements:

Daisies- complete 1 activity from each section (discover, connect, and take action)

Brownies/juniors- complete 2 activities from each section (discover, connect, and take action)

Cadettes, Seniors, Ambassadors- complete 3 activities from each section (discover, connect, and take action)

Discover – Girls will discover themselves and the world around them.

- ALL** Look up the word *Disability*. What does it mean to you? Define Inclusion. How is Girl Scouts an inclusive organization?
- ALL** The Most Beautiful Orange Activity- (materials needed: oranges, markers and stickers, towel or cloth, bowl, plate). Have an orange for each girl. Give the girls markers or stickers to decorate their oranges. Tell the girls you will be having a contest to choose the most beautiful orange. When the oranges are decorated, place them in a bowl and send them to the judges. Have one orange already peeled. Place the peeled orange on a plate and cover with a towel or cloth. Bring the covered peeled orange to the girls and announce: “We have chosen the most beautiful orange!” Then uncover the orange and ask “Whose orange is this?” Explain that what matters is not on the outside, that inside we are all the same, with the same feelings, needs, etc.
- C/S/A** What is the Americans with Disabilities Act? When was it passed? Who does it protect? How is it enforced? Share with your troop and family.
- ALL** What does a circle mean to us, as Girl Scouts? When do you sit or stand in a circle at your Girl Scout meetings and activities? A circle of friends is a group of people who agree to support a person with a disability accomplish a certain goal or vision. Regardless of ability, however, we all have a circle of friends around us, to support us every step of the way. Draw your own Circle of Friends. How does it differ with our example?
- D/B/J** Create an, I am Special Booklet. This booklet should include f your likes, your dislikes, your skills and the activities you could improve upon. Either draw pictures of these items (with yourself on the page!) or cut pictures out of magazines. Once the booklet is finished, compare your likes, dislikes, skills and opportunities with the other members in your troop or family. How are you similar? How are you different?
- D/B/J** Read the book, *My Friend Mikalya (Inclusion Kit)*. What did you learn about disability by reading this book? What did you learn about Mikayla? About the kids in her class?
- C/S/A** *Darius Goes West (Inclusion Kit)*. (Parent permission forms may be required). Complete the activities listed here: http://www.includingsamuel.com/documents/ScreeningToolkit_Teen.pdf or <http://www.dariusgoeswest.org/admin/wp-content/uploads/2008/08/dgw-viewing-guide.pdf>
- ALL** Learn the term accessibility. What does it mean? Go to your favorite mall, movie theatre or --- with a notebook and pencil. Make a list (or draw a map) of all the ways the building is accessible.

- ALL** Person First Language. Read the attached article and complete the activities here:
<http://www.disabilityisnatural.com/images/PDF/samediff.pdf>
- ALL** Play a game that all girls can play, regardless of ability. Divide your troop into two teams- But - pick teams in a fair way. To do so, girls should buddy up; then play rock, paper, and scissors. The winners form team A; the others, team B. Or divide the group in half; Team A - girls with birthdays in January- June. Team B- girls with birthdays July- December. After playing discuss how to make other games inclusive of different disabilities.
- C/S/A** The mission of Ms. Wheelchair America is to provide an opportunity for women who happen to be wheelchair users to educate and advocate for Americans living with disabilities. The selected representative must be able to communicate both the needs and the accomplishments of her constituency to the general public, the business community and the legislature. Visit <http://www.mswheelchairamerica.org/> to learn more about the Ms. Wheelchair America Pageant. Each winner has a platform and slogan which they will advocate and speak on throughout the year they are Ms. Wheelchair America. Look at some of the winners platforms. What would your platform and slogan be, if you were to raise awareness and advocate about inclusion.

Connect- Girls will connect with their community and sister Girl Scouts in learning more about disabilities.

- D/B/J** Watch or simply talk about the movie Finding Nemo. Talk about how the characters have things that make them special. Talk about how they overcome the challenges they face.
- Nemo- had a bad fin. He learned to be confident and independent from his dad
Dory- had memory problems. She repeated things a lot to help her and found a friend to help her remember things
Nemo's Dad- he worries a lot and has anxiety. He learned to trust Nemo and be less anxious
- C/S/A** Dig in to your community! Using your phone book or the internet (with parents or leader permission), look for agencies that serve kids and adults with disabilities. What is their mission? How do they help? With the help of a troop leader, come up with a script to telephone or write an email inviting someone from their agency to come and speak to your group about what they do.
- ALL** Learn the alphabet in American Sign Language so you can communicate with someone who is hearing impaired. Can you learn the Girl Scout Promise in American Sign Language?
<http://www.scoutingweb.com/scoutingweb/Documents/GSPromiseASL.pdf>
- B/J/C/S/A** Learn the alphabet in Braille. Can you spell out the Girl Scout Promise in Braille?

- B/J/C/S/A** Communication Skills-materials needed: blank paper and pencils. Divide your troop into pairs and have the girls assign themselves into the A or B role. Ask the A's to go into another room with an adult. The adult gives them the following instructions: When they return to the room, they are to do the exact opposite of what their B partner tells them to do. While the A's are out of the room, have the adult with the B's give them the following instructions: they are to give their partners step by step instructions to draw a stick figure. But they are not to tell their partners what they are trying to get them to draw. For example, they should say, draw a circle. Do not tell them the instructions for the other group. Bring the A's back into the room. Complete the drawing activity. You may notice some B's will pick up on the fact that the A's are doing the opposite and may change their instructions accordingly. Some may give up. Ask the girls the following questions: 1. Ask them to share the instructions they received with their partner. 2. What did they find frustrating? 3. What did you learn? If you were a B, how did you overcome the obstacle? What does this teach us about working together?
- ALL** Giva Geta activity (**Inclusion Kit**) – to connect with others
- ALL** Girl Scout Law + Inclusion- Review the Girl Scout Law, and discuss how inclusion can be incorporated into each part of the law. Why is inclusion important? Draw a picture of what the Girl Scout sisterhood looks like to you. Or journal about it. Talk about your journals or drawings as a troop.
- ALL** Learn about the following types of disabilities, name a disability for each type:
- Vision
 - Movement
 - Thinking
 - Remembering
 - Learning
 - Communicating
 - Hearing
 - Mental health
 - Social relationships
- S/A** Interview someone with a disability. Learn about their daily life. What challenges do they face, how do they overcome them? What do they do for fun? Ask them how you can be supportive of people who have disabilities.
- D/B/J** Play the Team up Activity from the Get Into It- Special Olympics Curriculum – Team Up is a game about similarities and differences. First, pose the following question: We see one another every week, but how much do we really know about each other? Engage girls in a discussion

about how much we can tell about others simply by looking at them and how much we can't tell. Ask what kind of similarities and differences are visible? What kind are invisible?

Page find the info on pages 4- 11

http://media.specialolympics.org/soi/files/resources/Schools_Youth/Jenni_SOGetIntolt_6_8_Lessons%20Activity_4_09_16_2010.pdf

ALL What would it be like if you couldn't see what you were eating? Or what if you couldn't use your own hands to eat? With a friend try eating food blindfolded. Try and eat a cut up apple or banana. Then try eating applesauce or pudding, something with a spoon (put a towel on your lap for this one and don't eat anything hot). Some people with disabilities need help eating their food because they can't hold eating utensils. Have a friend feed you bananas or applesauce while you are blindfolded. It requires a lot of trust when someone else is feeding you when you can't see. After the activity discuss how it felt not to see the food you were eating. How hard was it to use a spoon and not see? Was it easy to trust your friend to feed you?

Take Action- Together, girls can take action to make the world a better place.

ALL After meeting with disability organization (in Connect activities), create your own take action project.

ALL Create an ad campaign in your troop to educate your community on inclusion. What would you include? If you have a video camera, (using the parent permission form included), film your ad. Or create it on paper.

ALL Modifications- what are your favorite Girl Scout activities? Camping, crafts? Lego League? Are they inclusive? How would you adapt or modify them to make them entirely inclusive?

ALL Visit the Special Olympics website, <http://www.r-word.org/> (with your parents' permission) and "pledge" to banish the R word from your vocabulary. Research ways your troop can help; and take action to make the world a better place. For example, together, teach other Girl Scouts about banning the "r word" from their vocabulary. Or, by visiting <http://getintoit.specialolympics.org/>, send an electronic card to a Special Olympics athlete to show your support.

ALL How different a hike in the woods would be if you were blind, deaf, or unable to walk on your own. Take turns experiencing this on a sensory hike. Blind fold each other and CAREFULLY help lead each other through the trail. Use earplugs to experience what it would be like to have a hearing disability. Take turns using crutches to get around on the trail. After everyone has experienced the sensory hike, talk about what was difficult when you were limited. Then talk about how the trail could accommodate more people with disabilities. Write up your ideas and send them to your local government or Parks and Recreation Department.

ALL Imagine playing on a playground if you could not walk, see, or hear? Go to a local park and blind fold each other and CAREFULLY help lead each other play on the playground. Use earplugs to experience what it would be like to have a hearing disability. Take notice of any swings or playground equipment that someone in a wheelchair could use. Talk about as a troop about what it was like to be limited and try and play on the playground. Next, think of ways the playground could be more accessible to kids with disabilities. Write up your ideas and send them to your local government or Parks and Recreation Department.

C/S/A In today's high schools, students with Intellectual and Developmental Disabilities often enter the same building and walk the same hallways as their peers, but they are left out of social activities. Started in 2001, Best Buddies High Schools is already active on 145 high school campuses pairing students with IDD in one-to-one friendships. Form a "buddy system" with a girl your own age with disabilities. Go to <http://www.bestbuddies.org/find-a-program/north-america/northcarolina> for more information about the "Best Buddies" program, and find a way to become involved.

CIRCLE OF FRIENDS PATCH PROGRAM EVALUATION

Thank you for taking the time to complete this evaluation form. The responses given from participants are used to help plan and enhance future programs. Please complete the form by sharing your thoughts with us. Please have the girls vote and have an adult record their responses.

Tell Us About Your Troop (If an individual girl worked on the program, please indicate):

Individually Registered Girl Scout's Name and Grade Level: _____

Troop Number or Juliette: _____

Leader and Phone/Email: _____

Please circle your Girl Scout level and indicate the number of girls and adults who worked on this patch program on each line:

Daisy_____ Brownie _____ Junior_____ Cadette_____ Senior _____ Ambassador_____ Adult_____

Please check the response that best describes what your troop thinks.

Question	Strongly agree	Agree	Uncertain	Disagree	Strongly disagree
The information and activities in this patch program were interesting to us.					
The activities in this patch program made me think about things I never thought about before.					
The patch program helped us be more sensitive to inclusion-related issues.					
The inclusion kit was helpful.					
We know what a disability is.					
We are more aware of the challenges those with disabilities face.					

What did your troop like best about this patch program?

What about this patch program could be improved?

Please list and comment on the activities you did for each part of the program.

DISCOVER

CONNECT

TAKE ACTION

Other comments or ideas to improve the program?

CIRCLE OF FRIENDS PATCH PROGRAM ORDER FORM

Fill out the following information to order and receive your patches:

Troop Leader Name: _____ Troop #: _____

Address: _____ City: _____

State: _____ Zip Code: _____ Phone #: _____

Item:	Cost per Item:	Number of Patches Ordering		Total Cost:
Circle of Friends Patch	\$2.00 ea.		Cost of Patches (subtotal):	\$
			Sales Tax (subtotal x 7.25%):	\$
			Total (subtotal + sales tax):	\$
			Shipping (see chart):	\$
			Total Amount Enclosed (total + shipping):	\$

Purchase Amount	Shipping Charge	Purchase Amount	Shipping Charge
Up to \$25.00	\$ 2.95	\$100.01 to \$200.00	\$ 14.95
\$25.01 to \$75.00	\$ 5.95	\$200.01 to \$300.00	\$ 20.95
\$75.01 to \$100.00	\$ 7.95	\$300.01 to \$500.00	\$ 25.95
		Over \$500.00	\$ 45.95

Make check payable to: Girl Scout- North Carolina Coastal Pines

Mail order form/evaluation and checks to:

Girl Scouts- North Carolina Coastal Pines
Raleigh Service Center
Attn: RSC Shop
6901 Pinecrest Rd.
Raleigh, NC 27613

If you have any questions about content of patch program, shipping, or anything else related to the patch program, please email patchprogram@nccoastalpines.org.