

# Attitude of Gratitude

Showing appreciation and gratitude for volunteers is a must. After all, they are AMAZING and Girl Scouts wouldn't be the same without them! This patch program will help girls learn what appreciation is, what helpers do and how to show them appreciation in both large and small ways while they Discover, Connect, and Take Action.

Daisy

Brownie

Junior

## Discover *Complete required 1 and 2. Then pick one activity from 3-6.*

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| 1. What is appreciation?   | 4. Make a "Thank you" card for a troop volunteer. Why did you choose him/her?                             | 6. Research or ask someone what volunteer appreciation month is? When is it? Can you think of an idea to celebrate it? |
| 2. What is a volunteer?  |   |  |
| 3. With the help of an adult, look up how to say "Thank you" in 3 different languages. | 5. Think about your troop volunteers. What makes them special? How can you show them you appreciate them? |  |

## Connect *Complete required 1 and 2. Then pick one activity from 3-6.*

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|--|---|---|
| 1. Why is it important to show appreciation to the people who help us? | 3. Brainstorm 2-3 unique/creative ways to thank a volunteer that fits their personal contributions or interest. Select one and do it. | 5. Create a "coupon book" of things your volunteers can do. Pick one once in a while and help them with it. |
| 2. Who is a volunteer for your troop? What do they do?                 | 4. Create a poster or banner showing your appreciation and give it to your volunteer.   | 6. Brainstorm what are some ways you could celebrate volunteer appreciation month.                          |

## Take Action *Choose 2 activities from 1-4.*

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|---|---|
| 1. Make "An Amazing Girl Scout Volunteer lives here" yard sign and place it in a volunteers yard as a surprise. | 3. With an adults help, nominate a volunteer for a Girl Scout Adult Award (nominations accepted between November + February). |
| 2. Make a "Thank You" SWAP and present it to a volunteer.   | 4. Perform a Random Act of Kindness in a volunteers honor. Take a photo to show him/her what you did and why.                 |

THANK  
YOU

# Attitude of Gratitude

Cadette

Senior

Ambassador

## **Discover** *Complete required activity 1. Then chose two activities from 2-5.*

1. Write a letter, poem, song or create an art to show how Girl Scout volunteers have made a difference to you.
2. Create a "coupon book" of the things your volunteers do. Pick one once in a while and help them with it.
3. Learn about the Girl Scout Adult Awards and Recognitions available for volunteers. Which one could you nominate one of your volunteers for?
4. Research what types of appreciation are most effective and when appreciation is most effective.
5. What are different ways to show appreciation for your volunteers that don't involve buying something? Select one and do it.

## **Connect** *Complete required activity 1. Then choose two activities from 2-5.*

1. Chat with a Girl Scout volunteer about their favorite part of volunteering. Go a step farther and ask questions such as Why did you become a volunteer? Can it be challenging?
2. Create a word cloud (wordle.net) with positive words that describe a chosen volunteer and gift it to them.
3. Create a banner or poster that describes how much you appreciate your troop volunteers.
4. Brainstorm 2-3 unique/creative ways you can show appreciation to volunteers. Select one and do it.
5. Make a special effort to thank and show appreciation to a volunteer at least once a week for two months.

## **Take Action** *Complete required activity 1. Then choose two activities from 2-5.*

1. Find a quote about gratitude that speaks to you. Post it in a place where you will see it for daily inspiration. Also post it in at least one place where it can inspire others as well.
2. Plan and complete a service project in the volunteers honor. How can you incorporate aspects that are special to them? Maybe a cause they believe in?
3. Nominate a volunteer for an Adult Award (November - February)
4. Create a troop "Volunteer of the Month" program to show appreciation all year.