



signed to be kind

Girl Scout Patch Program

Make a meaningful commitment to **put kindness first** with your family!

♥ **Sign the Pledge** to be more kind—to yourself, within your family, in your community, and to the world. Sounds like a big task? Don't worry! We'll send you simple, practical ways to make kindness a daily habit—no more leaving it up to chance!

Why Kindness Matters

- ✦ Being kind improves your physical and emotional well-being.
- ♥ It strengthens family relationships and builds a sense of community.
- 🌍 Kindness can shape the world around you and inspire others to do the same.

By taking the **Signed to Be Kind** pledge, you and your family commit to **intentional kindness**—making the world a better place, one act at a time. Once you sign, you'll receive **weekly text messages** with ideas to spread kindness in your life and community!

✉ **Troop Leaders:** Once your troop completes the project, email marketing@beechacres.org and pay for your patches and shipping here: <https://beechacres.org/signed-to-be-kind/>.

Let's make kindness a way of life! ♥ **#signedtobekind**

GIRL SCOUT LEVELS



Daisies & Brownies

Complete Items in
Teal Section



Juniors & Cadettes

Complete Items in
Pink Section



Seniors & Ambassadors

Complete Items in
Green Section

DAISIES & BROWNIES



Be Kind to YOURSELF!

Start each day with a **SMILE** for an entire week! Set an intention to do something nice for yourself each day:

- Enjoy a healthy snack.
- Play outside and soak up the fresh air.
- Write down something kind about yourself in your journal.

Be Kind to YOUR FAMILY!

Kindness starts at home! Sign the pledge and download your family's **Signed to Be Kind Pledge** as a daily reminder.

<https://beechacres.org/signed-to-be-kind/>

Be Kind to YOUR COMMUNITY!

A simple **smile** is really the easiest way to share #kindness in your community. Set an intention to smile at everyone you encounter this week. This simple gesture can make a big difference in someone's day. Still wearing a mask to protect those around you? Practice **smiling with your eyes, waving,** or simply saying hello.

Be Kind to the WORLD!

#SignedtoBeKind was created to show that **intentional acts of kindness can change the world.** This week, let's go beyond ourselves, our family, and our community:

- Ask your parents to share the pledge on social media.
- Not on social media? Challenge each family member to tell three people about the pledge!

JUNIORS & CADETTES



Be Kind to YOURSELF!

Start each day by writing down **three things you're grateful for.** Practicing **gratitude** is a powerful way to be kind to yourself! #SignedToBeKind

Be Kind to YOUR FAMILY!

Gratitude and kindness go hand in hand! This week, take time to share what your family is **grateful for:**

- Download a gratitude coloring page and color together.
- Hang your finished artwork near the front door as a daily reminder.
- Every time you see it, tell a family member you appreciate them! #SignedToBeKind

Be Kind to YOUR COMMUNITY!

Gratitude can make a big impact! Write a **thank-you note** to someone in your community—a teacher, librarian, or delivery driver. Let them know they are appreciated! #SignedToBeKind

Be Kind to the WORLD!

The world is a BIG place—how can we show kindness to our planet? Start small with a **big impact:**

- Plant a **tree, bush, flower, or vegetable** as a family.
- Clean up a local **park or playground.**
- Bring a **garbage bag and recycling bag** on your next walk and make a difference!

SENIORS & AMBASSADORS



Be Kind to YOURSELF!

Celebrate **YOU** today! Self-care is an act of kindness:

- Take a solo walk and enjoy your favorite song or podcast.
- Treat yourself to your favorite drink or snack.
- Take a mindful moment to just **pause and breathe.**
- Send a quick text to a friend to brighten their day!

Be Kind to YOUR FAMILY!

Plan a **surprise** for your family:

- Cook a special dinner where everyone gets their favorite dish.
- Have a **family s'mores night.**
- Visit a favorite **park or museum.**
- Watch a **different family member's favorite movie** each night this week!

Be Kind to YOUR COMMUNITY!

Give back in a fun and creative way:

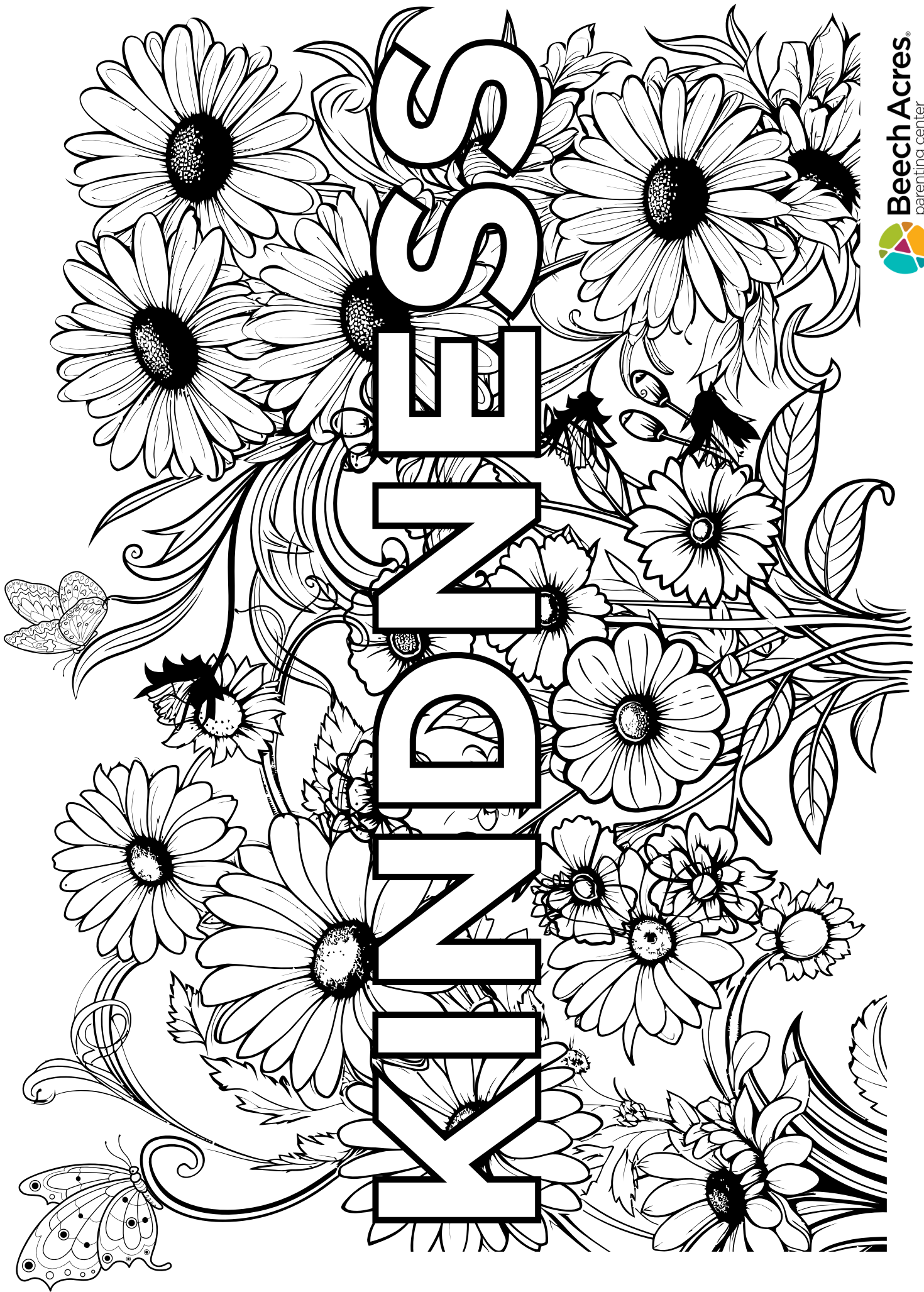
- Stock a **little free pantry or library** with food or books.
- Donate books you no longer read so someone else can enjoy them.
- Write **notes of encouragement** to include with your donations.
- Leave a **bookmark with a favorite quote** inside a book for the next reader!

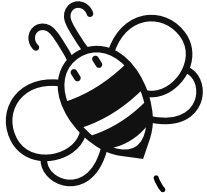
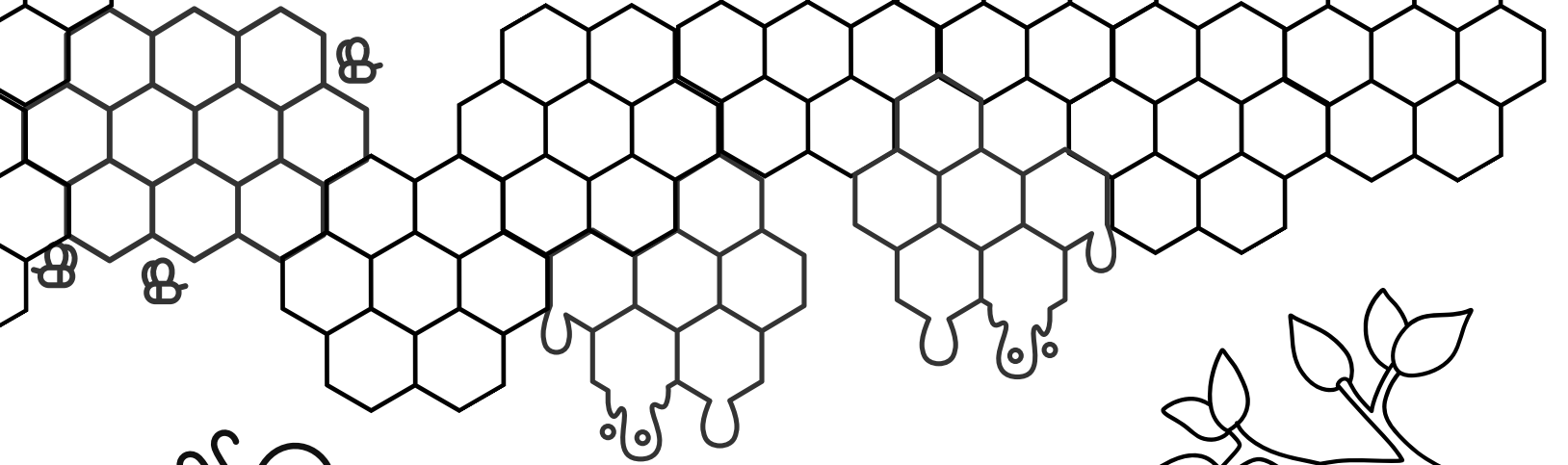
Be Kind to the WORLD!

Kindness can have a **global impact!** A Harvard Business School study found that people who give are happier. What global causes matter to you?

- Research nonprofits that align with your values.
- Find ways to **volunteer, donate, or support their work.**
- Spread awareness about an issue that's important to you.

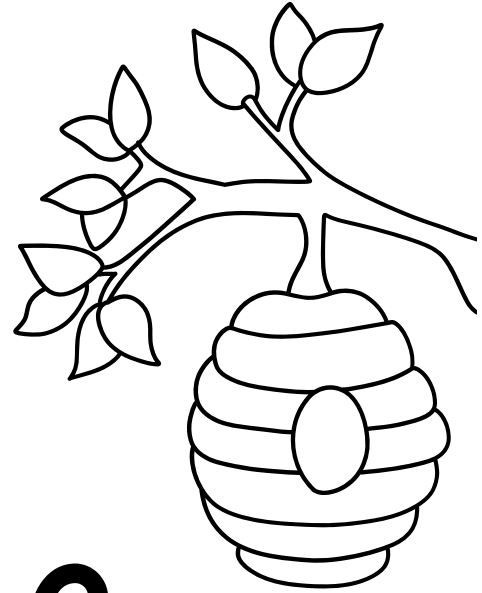
No act of kindness is too small. Ready to take the pledge? Join the movement now! #SignedToBeKind



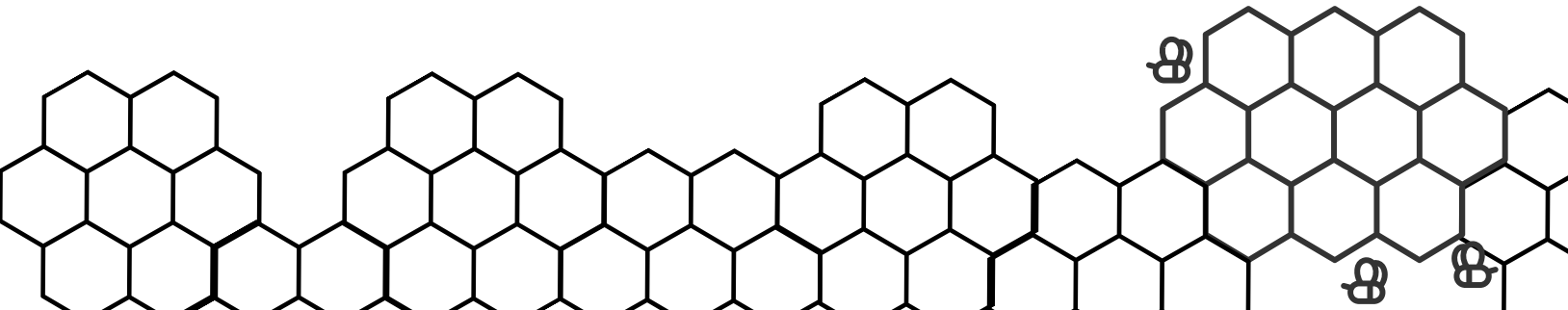


ALWAYS

Bee



KIND





signed to be kind

Pledge

Be Kind to Yourself

Kindness starts with you! While it's easy to be kind to others—a smile, lending a hand, or a simple “thank you”—being kind to yourself can be harder. **Practice self-kindness** with these affirmations:

♥ **May I be safe. May I be happy. May I be healthy. I am enough just as I am.**

Be Kind to Your Family

Kindness and love go hand in hand. Small, daily acts of kindness—starting the day with a smile, offering encouragement, or helping with chores—make your home a happier place. **Show love through kindness!**

Be Kind in Your Community

Kindness grows when shared! Holding the door, thanking a teacher, or helping a neighbor spreads kindness beyond your home. **Imagine the impact when a whole community commits to kindness!**

Be Kind to the World

Can kindness change the world? **Yes!** Every small act adds up, creating a ripple effect. Once you're **Signed to Be Kind**, you can inspire kindness everywhere!

#signtobekind