



Kindness Outreach

Outreach: n. the act of reaching out v. to reach beyond; surpass

Steps

1. Kindness to Self
2. Kindness to Others
3. Kindness to Animals
4. Kindness to Earth
5. Kindness High 5's

Purpose

To spread kindness to others, animals, earth, and myself.

Let's be Kind!

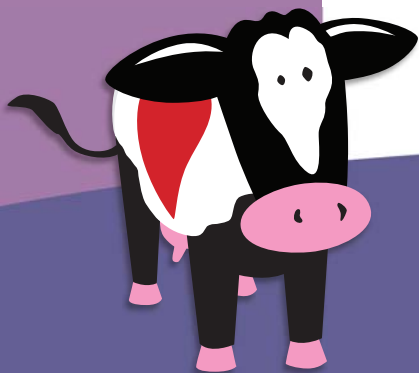


Moozie
The Ambassador of Kindness



**Tune:
Farmer in the Dell**

.....
I am kind, I am kind
I can make a difference
I am kind.



Step 1 Kindness to Self

Choices—Do One

.....
 A Better Self-Image to Help Others

- Create a positive self-image
List 5 things you do well _____.
- Create positive self talk: say it and mean it
I am _____.
- Set 3-5 goals for yourself
I can _____.

Share positive self-images to help others be their best!

.....
 Create an Understanding of Your Emotions

- Def: emotion—n. a strong feeling of any kind
- Keep a daily journal of emotions and kindnesses
 - Observe emotions in others and show kindness

Share your understanding and kindness with others—it's your outreach!

.....
 Personal Safety

- Def: safety—n. the quality or condition of being safe; freedom from harm or danger
- Guide your troop and others in the areas of personal safety:
 - Home
 - Strangers
 - Places you go
 - Technology—computer, phone, etc.
 - Who keeps you safe?
 - Who can you talk to about a safety issue?
 - Create a safe network of family and friends.

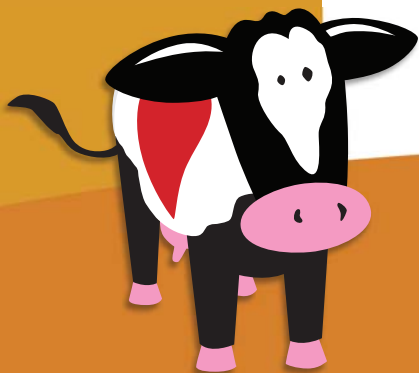
**Moozie's wisdom:
The size of your heart is more important
than the size of your barn.**



Song:



I am kind, You are kind
 Together we can make
 a difference
 We are Kind.



Step 2 Kindness to Others

Choices—Do One

- ☐ **Create an EMOTION board—Brainstorm with your troop/ others different emotion words, good characteristics and/ or qualities.**

- Use post-it notes, labels, tape, etc. to print on the display.
- Troop members will take/wear an emotion.
- Have a troop discussion about the feelings and help them to understand how to have compassion for all others.
 Def: empathy—n. the quality or process of entering fully, through imagination, into another's feelings or motives.

- ☐ **Notes/Pictures/Letters**

- Where is there a need for kindness to others?
- Have your troop/others create a drive to write/draw to others.
 Family/Friends
 Military
 Homeless
 Elderly—Assisted living, retirement homes, and hospitals
 Hospitals—children's, rehab, cancer centers, etc.
 Others

This can be done several times a year to reach out to others! A note or picture can change a person's mood or day with hope and caring.

- ☐ **Book Sharing**

- As a troop collect books to share with others.
- Do research to find the need of books or printed materials for others.
- Create a lending library as a troop—Leave a book. Take a book!
- Community Book Houses—A mailbox type container/box with a glass front on a pole—decorated and designated as a Book House for all to enjoy. (This will be an ongoing project so prepare for long range planning.)

Moozie's wisdom:

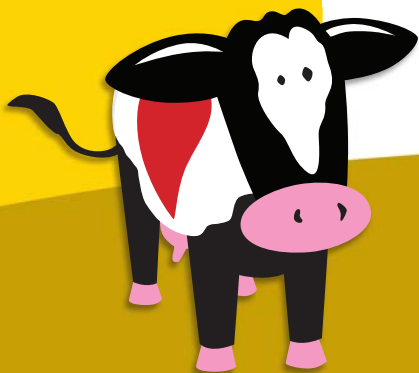
The universal language of peace is love.



Song:



Feed and water
 Exercise and love
 I can make a difference
 I am kind.



Step 3 Kindness to Animals

Choices—Do One

Animal Rescues in Your Area

- What materials can you gather/donate to the rescue?
- Have a shelter volunteer visit your troop.

World Animals and Zoos

- Research how your troop could raise awareness, money, or supplies for a world animal.
- Research endangered animals to raise awareness for their future. Report your research to your troop.
- Adopt a zoo animal or raise money to give a facility for a specific animal.
- Look on the web for live cams in zoos and others facilities for your research.
- What impact could you and your troop have on these animals?

Organize a Drive to Help a Humane Organization.

- Do research on how your troop can help animals.
- Collect pet food, old towels, pet toys, newspapers, and other items for the organization.



Moozie's wisdom:

Care given to a pet is returned with love.



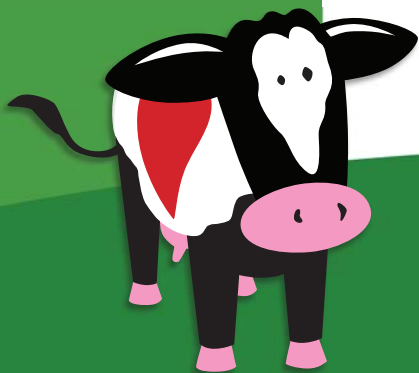
Song:

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Recycle your trash,
pick up litter

Together we can make
a difference

Keep the earth clean.



Moozie's wisdom:
A clean earth is a happy earth!

Step 4 Kindness to Earth

Choices—Do One

Recycling Project:

- Organize your troop to create recycling awareness.
- Do research about the meaning of the recycling symbols.
- Create an area for recycling in a school, church, or other place. Organize daily/weekly pick-up and delivery of the recyclables.
- You can make this a weekly and/or monthly project.

Clean the Earth:

- Do research in your area of a place to be cleaned up for the environment.
- Possible areas: creeks, watershed areas, rivers, lakes, overgrown lawns/parks, etc.
- Organize your troop/friends with safety gear for the event: gloves, correct shoes, trash bags, etc.
- Prepare an area for the bags and safe removal of the collected trash.

What impact will your project mean for the environment?

Report to other troops, Girl Scout Council, and media.

Create a Campaign for Re-usable Bags:

- Research plastic bag usage on the environment.
- Design reusable bags—size, material, artwork/graphics and cost.

Raise money to create the bags.

Distribute/sell the bags. Decide on an environmental use for money raised.

You have made a big impact on the environment!

Step 5 Kindness High 5's

Choices—Do One

- Organize Your Troop to Be a Positive Role Model**
 - Have your troop decide on ways to be kind each day.
 - kind words
 - kind texts
 - other kindnesses
- Do 5 Kind Acts a Day**
- Troop Book**
 - Create a kindness book of:
 - kind words and sayings
 - words of encouragement
 - famous people's words, sayings
 - troop kindness events
 - emotions—troop pics
 - ETC !!

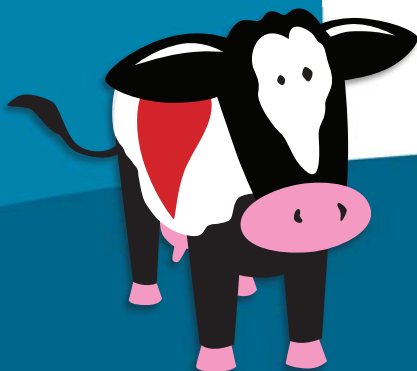


thank you please good
moo you're welcome sorry
excuse me moo thank you
please you're welcome
sorry excuse me moo
thank you please good
moo you're welcome sorry
excuse me moo thank you
please you're welcome
sorry excuse me moo
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Song:

|||||||

I am kind, I am kind
I can make a difference
I am kind.



**Moozie's wisdom:
Being kind feels good!**

