

Girl Scouts Arizona – Cactus-Pine  
Council and Wellpoint

## **Choose Kindness Bullying Prevention Patch**



**Girl Scout Daisies**





## About

Wellpoint, an Elevance Health Company, helps improve health care access and quality for Arizonans who participate in the state's Medicaid programs.

Wellpoint serves Arizonans by developing and delivering innovative care management programs and services.

Wellpoint members are assured care that is not only accessible, but also accountable, comprehensive, integrated and patient-centered. Wellpoint also provides ongoing community relations and outreach to encourage members to become active participants in their health care.

Girl Scouts Arizona – Cactus-Pine  
Council and Wellpoint are proud to  
bring to you the  
Wellpoint Choose Kindness Bullying  
Prevention Patch

The purpose of the Wellpoint Choose Kindness Bullying Prevention Patch is to provide girls the tools and resources to maintain health and overall well-being in their lives.

# Steps to Earn the Wellpoint Choose Kindness Bullying Prevention Patch

Girl Scouts is the premier girl leadership development program—girls have fun with a purpose! All activities are girl-led, and girls should decide what activities to complete when earning a Patch Partner Initiative (PPI) patch. In the spirit of Girl Scouting, girls may choose to participate in activities that are not listed in the booklets and/or supplements.

If girls complete the minimum required number of activities based on the theme of the PPI, they have earned the PPI patch.

## Step One:

1. Read through the Activities
2. Think about what you would like to do
3. Choose 3 out of the 4 Units
4. Complete 2 Activities from each unit you chose (total of 6 activities)

## Step Two:

1. Fill out the [\*GSACPC Choose Kindness Bullying Prevention Patch form\*](#).
2. Email our council's Girl Program Team at [gp@girlscoutsaz.org](mailto:gp@girlscoutsaz.org) if you need support with the form.

## Step Three:

1. Receive your Wellpoint Patch!

## The Girl Scout Leadership Experience

Girls at every level of Girl Scouting participate in leadership experience. A leadership experience is an exciting way of working with girls in a series of themed activities focused on building leadership skills. By enlisting the three keys to leadership (*Discover*, *Connect*, and *Take Action*) girls learn that they can take the lead to make a difference in their community and the world. The three keys are at the heart of the Girl Scout philosophy of leadership:

### **Discover**

Girls understand themselves and their values and use their knowledge and skills to explore the world.

### **Connect**

Girls care about, inspire, and team with others locally and globally.

### **Take Action**

Girls act to make the world a better place.

It's not just "what" girls do, but "how." When girls are engaged that creates a high- quality Girl Scout leadership experience. All Girl Scout experiences are built on three processes (*Girl-Led*, *Cooperative Learning*, and *Learning by Doing*) that make Girl Scouting different from school and other extra-curricular activities. When used together, these processes ensure the quality and promote the fun and friendship so integral to Girl Scouting.

### **Girl-Led**

Girls play an active role in the planning and implementation of activities while adults provide age-appropriate facilitation, ensuring that planning, organization, set-up, and evaluation of all activities are done jointly with the girls.

### **Cooperative Learning**

All members of a group work together towards a common goal that can only be accomplished with the help of others.

### **Learn by Doing**

A "hands-on" learning process that engages girls in cycles of action and reflection resulting in deeper understanding of concepts and mastery of practical skills.

When Discover, Connect, and Take Action activities are girl-led and involve learning by doing and cooperative learning, girls achieve the desired and expected leadership outcomes ultimately resulting in Girl Scouting achieving its mission:

**Building girls of courage, confidence and character, who make the world a better place.**

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# FEELINGS



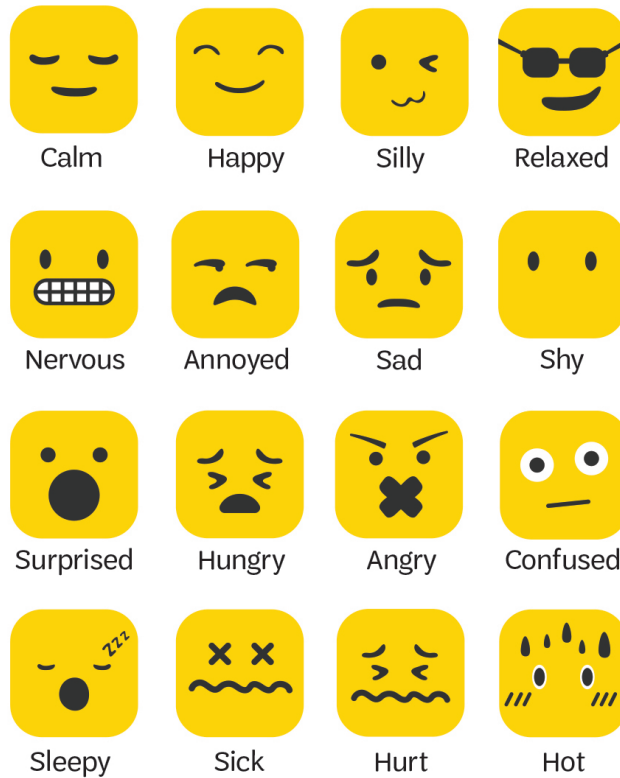
## What Are You Feeling?

You are a unique human being and part of being a person is having feelings. Some feelings we recognize easily. Other feelings are harder to identify. In this activity, we will use the feeling chart. We may even learn a word for a feeling we have had.

**Materials:** Number of materials depends on the desires and number of girls participating.

Discuss the feelings chart with your adult leader and each other. Think of when you have felt the emotions. Emotions can be tricky. If we are nervous, we might feel sick with a stomachache or feel like we will throw up. If you don't know or are not sure of the emotion, ask your adult leader to give you an example.

### I'm feeling...



For Girls that want to do More:

Draw a picture of the emotions you are feeling today. Decorate it however you want to. You can use different things to create your picture.

- Magazines
- Markers/Paints/Crayons, Glue Sticks
- A variety of materials to decorate collage: yarn, fabric, ribbon, stickers, glitter.

## Emotions Hide and Seek

How can we tell if someone is sad, happy, afraid, or excited? Play this game and see if you can tell!

**Materials:** All you need for this activity is a feeling chart and a place large enough to gather in a group.

Before you play the game ask your adult leader to show you all the emotions on the chart. You will take turns making an emotion face, you can use the chart to help you remember some emotions.

1. One girl makes some kind of emotion face (for example, happy, sad, angry), but they cover their mouth as they do so that it is hidden from everyone else. You have to **guess** what emotion they are doing!
2. You can either take turns guessing or ALL say what you think it is.
3. After you guess the first one, tell each other how you knew what emotion they were showing.

There are **CLUES** all around their face that can help you understand how another person is feeling.

Look at their cheeks, around the eyes, and sometimes the forehead depending on the emotion.

Before or after playing the game, you can watch the video!

Sesame Street: [\*Name That Emotion with Murrau!\*](#) 5:21 minutes

## The Emotions Circle

Learning about emotions can be fun. In this activity, we will get to act and have a guessing game.

**Materials:** Three or four sheets of paper for the leader to draw a face showing a specific emotion. One sheet for each face. You can print the faces from the computer.

The children sit in a circle. Have at least three emotion pictures that you have simply drawn on pieces of paper (or printed out). The easiest ones are 'happy', 'sad' and 'angry'. Place the pieces of paper in the middle of the circle so that the girls can see them.

Now, one girl goes first. They are going to secretly pick one of these emotions, and then walk around the circle demonstrating the feeling. If they are pretending to be happy, they might skip around, with a delighted face. If they are imagining they are angry, they might stamp around, with hunched shoulders, and a scowling face. It might be good for adult leaders to demonstrate an emotion not in the picture.

The other girls are going to point to one of the emotion faces, showing which one they think it is.

The adult leaders can ask how the girls knew which one it was or why they thought it was a different one. Every girl that wants a turn should play.

# EMPATHY

## Kindness Chain

Empathy is understanding how someone is feeling even if it never happened to you. An act of kindness can make someone feel better. Many times, we don't know how someone is feeling or if they are having troubles. An act of kindness can show someone that there are good things and good people in the world.

Read Rosie's Story. Rosie wanted to make a difference in the world. Each act of kindness makes a difference.

Read: [\*The Buddy Bench by Patty Brozo 2019\*](#)

Materials: Number of materials depends on the desires and number of girls participating.

- Construction Paper
- Glue sticks
- Scissors
- Pens, Markers, Crayon

Cut strips of colored construction paper, approximately 3 inches wide and between 8-12 inches long. The girls can decide how many they want to use. On each strip you will write down an act of kindness you are going to do or you have done. Each strip is a link in the kindness chain.



You can decide to do a chain with your troop or individually. You can write ideas for acts of kindness all at once or you can add links and you come up with new ideas.

## Someone Who Understands

Having empathy is not just feeling sorry for someone. It is more than that. Empathy is understanding how another person feels.

Ask your adult leader to read this story:

A farmer had some puppies he needed to sell. He painted a sign advertising the 4 pups and set about nailing it to a post on the edge of his yard. As he was driving the last nail into the post, he felt a tug on his overalls. He looked down into the eyes of a little boy.

"Mister," he said, "I want to buy one of your puppies."

"Well," said the farmer, as he rubbed the sweat off the back of his neck, "These puppies come from fine parents and cost a good deal of money."

The boy dropped his head for a moment. Then reaching deep into his pocket, he pulled out a handful of change and held it up to the farmer.

"I've got thirty-nine cents. Is that enough to take a look?" "Sure," said the farmer. And with that he let out a whistle. "Here, Dolly!" he called.

Out from the doghouse and down the ramp ran Dolly followed by four little balls of fur. The little boy pressed his face against the chain link fence. His eyes danced with delight. As the dogs made their way to the fence, the little boy noticed something else stirring inside the doghouse. Slowly another little ball appeared, this one noticeably smaller. Down the ramp it slid. Then in a somewhat awkward manner, the little pup began hobbling toward the others, doing its best to catch up...

"I want that one," the little boy said, pointing to the runt. The farmer knelt down at the boy's side and said, "Son, you don't want that puppy. He will never be able to run and play with you like these other dogs would."

With that the little boy stepped back from the fence, reached down, and began rolling up one leg of his trousers. In doing so he revealed a steel brace running down both sides of his leg attaching itself to a specially made shoe. Looking back up at the farmer, he said, "You see sir, I don't run too well myself, and he will need someone who understands."

With tears in his eyes, the farmer reached down and picked up the little pup.

*Why do you think the little boy thought he should get the little pup?*

Additional Activity: Watch: [The Present - CGI Awarded short film](#) (2014)

## Helping Others

Sometimes people feel sad or lonely. Many times, we can help them just by being friendly. Read Sunny's Story, A Warm Welcome for Suzy. Suzy was lonely because she missed her family. Sunny wanted to help Suzy feel better. How can you help people?

Talk about ways you can help each other and how you can help others.

For Girls Who Want To Do More:

After you talk about Sunny's story, you can make a bird feeder and help birds in your neighborhood.

Materials: Number of materials depends on the desires and number of girls participating.

- Popsicle sticks 31 for each girl
- Paint/ markers
- Hot glue gun with glue or white glue
- Twine yarn or rope
- Bird seed

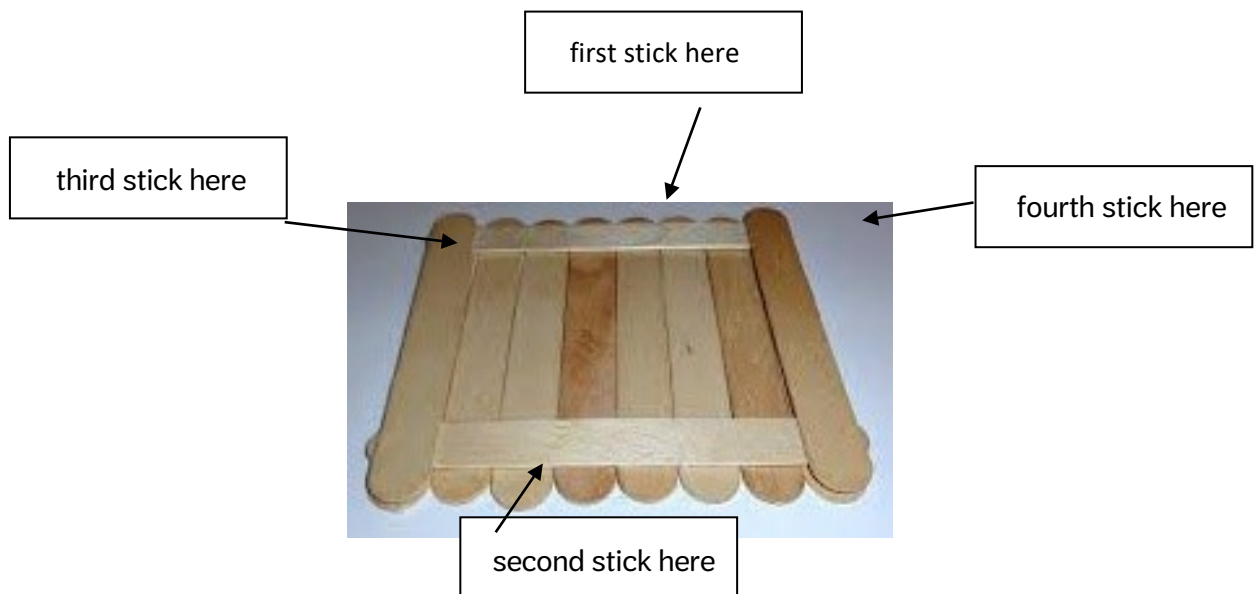
Paint the popsicle sticks with colors you like or leave them natural. Lay 6 sticks side by side.



Next, lay two popsicle sticks across the rows of six, like this and glue in place. This is the bottom. When it dries, flip it over.



Now you will start building the feeder. Put one stick on opposite sides



Repeat five more times. You can make it bigger if you want to, but this is big enough. Remember to glue down each stick.

Cut your 4 pieces of yarn, rope, or twine at least 24 inches long. Tie your pieces to the four corners of the box. Glue in place.



# BULLYING

## What is a Bully?

It is important to understand what a bully is so we don't do it and we can avoid them. Bullying is not being bossy. Bossy is when someone thinks they know what the right thing is to do. Many times, a bossy person is trying to be helpful, and they don't do it all the time. A bossy person doesn't threaten you. When we tell a bossy person to stop, they are usually sorry, and they stop. A bully is doing it to be mean and they don't stop. Bullies like to threaten and make people afraid or sad. Bullies pick on people who are smaller, and have trouble fitting in.

Recite The Girl Scout Law:

I will do my best to be  
honest and fair,  
friendly and helpful,  
**considerate and caring,**  
courageous and strong,  
and responsible for what I say and do,  
and to respect myself and others,  
respect authority,  
use resources wisely,  
make the world a better place,  
and be a sister to every Girl Scout.

A Girl Scout should never be a bully.

For Girls Who Want to Do More:

Materials: Computer and access to internet.

Watch ["Ian" - by Mundoloco](#) 9 minutes 51 seconds

Additional Activity: Create a skit to show the difference between being bossy and bullying.

## Bullying Hurts Everyone

The Girl Scout Promise:

On my Honor, I will try:  
To serve God\* and my country,  
To help people at all times,  
And to live by the Girl Scout Law.

If you do this, you will not be a bully, but how can we be sure?

In your troop or with your parents talk about:

What is mean behavior?

Some examples are:

- making fun of how someone looks
- spreading lies about someone
- saying rude things to them

Talk about how mean behavior makes people feel.

Examples are people will feel:

- hurt
- angry
- upset
- scared

What should we do if we ever experience someone being mean to you?

What do you do if you see someone being mean to another person?

**Remember it is always important to tell!** Tell your troop leader, your parents, your teacher, Tell an adult you trust if you are bullied or if you see anyone being mean.

With your troop or your parents, come up with a plan of what to do if you are bullied or see someone bullied.

\*Members may substitute for the word God in accordance with their own spiritual beliefs.

## Standing up for Our Friends

If you see someone being bullied, you know you should help them, but it is not always easy. Read Tula's Story. Tula wanted to help Darla, but she was afraid that the bullies would be mean to her too. Doing the right thing can be very hard. It does take courage to stand up to bullies. Remember, just like Tula, you don't have to do it alone. Tell a teacher or another adult.

For Girls That Want to Do More:

Materials: Number of materials depends on the desires and number of girls participating.

- Laptop and internet access
- Yarn or string
- Buttons or beads

[Watch Know How to Handle Bullying](#) 3:14 minutes

What did the girl do after she was picked on? What did the boys do? Just like Tula, it is always good to help someone who is being bullied.

After you watch the video, with your parents or your troop, brainstorm what you can do if someone else is being bullied and make some friendship bracelets for your fellow Daisies or to give to someone. People who are bullied usually feel all alone. If you give them a bracelet, they will know someone cares.

# CYBERBULLYING

## Safe Computer Fun

Do you like to use the computer? Do you use a tablet, phone, laptop, or desktop? There are wonderful things to do and learn on the internet. We can talk to people around the world, play fun games and learn new things. Sometimes though there are things on the internet that are ugly. There are bullies on the internet. They are called cyberbullies.

Read Mari's Story. Remember we all need to be responsible for what we say and do. Even though it is online, people get their feelings hurt. Sometimes when we cannot see the person, we think it doesn't hurt.

The parent or adult Girl Scout leader will ask the girls if they know what a cyber bully does:

Following are some examples:

- Sending a mean message to someone through text or online
- Posting mean things about someone on a website
- Making fun of someone online
- Doing mean things to someone's character in an online game

For Girls That Want To Do More:

Materials: The only materials is a laptop/desktop computer and internet access  
Have the girls watch the Safety video about internet safety.

[\*Kindergarten and First Grade Internet Safety\*](#). 5:48 minutes

## Understanding Cyberbullying

In this activity, we will learn about cyberbullying and some of the words that help us understand it. We will discuss how we can protect ourselves and our friends. We must protect ourselves on the internet. Only go to computer sites and apps that your parents say you can. If you accidentally open one you are not supposed to, it is better to tell an adult.

These are the words we are learning today to understand cyberbullying:

**Ask** – Ask an adult for help if you are being bullied, either in person or online.

**Bully** – someone who is mean on purpose.

**Bystander**- This is someone who sees someone being bullied but doesn't do anything about it.

**Control** – This is what a bully wants. If we do what the bully wants even when we don't want to, the bully is controlling us.

**Cyberbully** – someone who is mean on the computer. They post mean pictures, say mean things about us. The cyberbully may be a bully you know or it could be a stranger.

**Egger**- This is the person who laughs when the bully is mean. They think it is funny. They make the bullying worse.

For Girls Who Want to Do More:

Materials: Number of materials depends on the desires and number of girls participating.

- Old magazines for pictures
- Glue or tape
- Scissors
- Crayons, markers, and pencils
- Colored paper

Make a poster of the words we learned today. While you are drawing your posters, think about where you could hang them so other children can learn what you learn and protect themselves from bullying. Maybe your teacher will let you hang it in your classroom, or you could hang it in the school library. Your city library might like to hang it in the computer lab.

## Guard Against Cyber Bullies

All kinds of bullying is wrong, mean, and hurtful. We can make sure we are kind to all our friends, the ones we see in person and online. As a Daisy scout, we follow The Girl Scout Law by being considerate and caring.

Materials: Number of materials depends on the desires and number of girls participating.

- Laptop/tablet/computer and internet access.
- Paper. Markers, crayons.
- Cell phone with camera

Watch [\*Meet the Digital Citizens: Heart\*](#). 1:15 minutes

Watch [\*Internet Safety\*](#)

Talk about what Heart said about being kind online.

What did we learn about being Internet safety from Moby and his friend?

Make a sign about Internet Safety. Hang this poster at school, library or your girl scout meeting room.

For Girls Who Want to Do More:

Make a commercial about internet safety. Play it for family and friends.



# You did it!



# Congratulations!

## End of Booklet

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