



A YEAR IN THE LIFE OF JULIETTE
PATCH PROGRAM

JULY: GIRL SCOUTS GET ACTIVE



GIRL SCOUTS OF THE GREEN AND WHITE MOUNTAINS
Serving New Hampshire and Vermont

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Juliette Gordon Low enjoyed many sports and outdoor activities in a time when it wasn't always considered appropriate for women. She was an avid horse rider (and even rode bareback, which was frowned upon for women at that time), she loved to hike, play tennis and hunt. When Juliette started Girl Scouts, she encouraged girls to be active. She wanted to make sure that girls could do any type of activity they wanted to do. She brought girls hiking and camping, and encouraged them to play sports and be physically fit. Even part of earning the Golden Eaglet (the first highest award in Girl Scouts similar today's Gold Award) was completing the Athlete Badge. Many famous athletes are also Girl Scout alums (Venus Williams, Peggy Fleming and Jackie Joyner-Kersey are just a few).

The Girl Scouts Get Active Patch Program is for all girls, Daisy through Ambassador. Activities are organized by the 3 Keys of Leadership (what girls do in Girl Scouts) - Discover, Connect and Take Action. Activities are listed by recommended age level. You know your girls best, so work with your girls to have them choose the activities that interest them and are relevant to them. Girls will need to do 2 activities from each key to earn this patch.

Discover

Girls will discover what being an athlete means to them and how sports are important to them. Girls need to complete at least 2 of these activities.

- Teamwork is an important part of playing a sport. Fair play, teamwork, good sportsmanship, and following the rules are all important skills to being successful. Review the 10 parts of the Girl Scout Law. How do the values you gain by living the Girl Scout Law fit into being a good sport (honest fair, courageous and strong, responsible, respect yourself/authority)? Pick two or more values from the Girl Scout Law and demonstrate those values when you are playing your sport. Encourage others to also live those values. **ALL**
- Women are often perceived as not being as athletic or as agile as men in a sport. People use the term "kick/run like a girl" to both male and females as a negative remark. Why do you think girls and women are stereotyped that way? Watch the following video <https://www.youtube.com/watch?v=XjJOBjWYDTs> and listen to the song "Kick Like a Girl" by Teresa. How do the song and video change how people perceive girls in sports? What can you do to promote the message that girls should not be stereotyped? **J/C/S/A**
- Check out the Girl Sports Girl Scout program <https://stage.girlscouts.org/content/gsusa/en/about-girl-scouts/our-partners/girlsports.html>. Look through all the activities that you can do and choose one activity to complete. **ALL**
- Before Girl Scouting, girls weren't encouraged to camp, learn outdoor skills or try outdoor sports. Juliette believed all those things were important for girls to do and being active outdoors became a core part of the Girl Scout program. In 2015, Girl Scouts asked girls to choose what outdoor skills they would like to have badge programs for. Check out the first series of the Outdoor Girls' Choice badges for your age level and try at least one activity from that badge (Brownie - Outdoor Adventure, Junior - Horseback Riding, Cadette - Archery, Senior - Paddling, and Ambassador - Ultimate Recreation). Share with others what you enjoyed to encourage them to earn that badge. **B/J/C/S/A**
- There are many different sports you can participate in and some are dependent on the season (downhill or cross-country skiing in the winter, softball in the spring, swimming in the summer, soccer in the fall, etc.). Pick a sport you would like to try each season and make a plan to try them out for the upcoming year. Talk with others in your Girl Scout troop or other group to see if anyone else is interested in trying these new sports with you. **ALL**
- The Olympics is a way for the world to recognize and support their best athletes. The 2020 summer Olympic Games will be in Tokyo, Japan^[GK1]. Learn about the sports that are part of the summer Olympics. What are the differences and similarities in sports for men and women? What are the top most-watched sports during the summer Olympics? Find out what sport interests you most and try that sport for fun. Try to watch the Olympic Games when your sport is happening (or watch a recorded version of past Olympics). **ALL**
- Many sports that have been dominated by men are starting to recognize that women can be just as successful as men in that sport. For example, Danica Patrick is a top NASCAR driver, Venus and Serena Williams dominate the tennis courts, and Laila Ali has highlighted women in boxing. How are women today breaking the gender barriers in their sport? What else needs to happen for women to continue to overcome obstacles based on their gender? For example, do you think that women will ever be professional football players? Talk with others about what you learned and discuss what their thoughts are about women in male-dominated professional sports. **J/C/S/A**
- The Girls Guide to Girl Scouts has an Athlete badge for each age level as part of Girl Scout legacy badges (these are badges that Girl Scouts have always had as part of our program). Find out about the athlete badge for your age level and then find a past Girl Scout sports or games badge that girls could earn for your age level. Look to see the differences and similarities in the current badge versus the past badge. Try at least one activity from each badge and talk with your troop about what activity you liked best. **B/J/C/S/A**

- When you exercise, your heart rate changes. This helps make your heart stronger and helps to keep you fit. Find out what is a typical heart rate for your body at rest, during physical activity and when is a heart rate too high. Share with your troop what you learned. **ALL**
- Not all recognized sports require athletic ability. Chess and bridge are now recognized by the International Olympic Committee as sports. These sports require concentration, thought and strategy to be successful. Learn how to play one of these games with your troop or family. How do the skills needed compare to the skills needed to play a more physical game? **ALL**

Connect

Girls will connect to others through shared experiences globally and locally. Girls need to complete at least 2 of these activities.

- The Olympics are held every 4 years - one for summer games and one for winter games - and cities all around the world submit a bid to have their city selected. Find out about what criteria the International Olympic Committee looks at when they are choosing a site for a future Olympics. If possible, take a trip to a city that has hosted the Olympics near you (Lake Placid, NY and Montreal, Canada, are the two closest to our council). What did hosting the Olympics do for the economy? What are the lasting effects of having been a host city? Create a poster or flier to show why your area could host a future Olympics. **B/J/C/S/A**

Note - any trip outside of New England or New York and/or is more than 2 nights is an Extended Trip and requires additional approval before the trip. Please contact customercare@girlscoutsgwm.org for more information.

- The United States has many famous Olympic athletes who have broken records and changed the way their sports are played. Learn about a famous Olympian who is from your area (Hannah Kearney, Sarah True, Chelsea Marshall and Hannah Teter are a few from areas around our council). How have they exceeded at the sport they play to become an Olympic athlete? What did they have to sacrifice to become the best at their sport? Is there any activity that you would be willing to dedicate that much time and energy to? Share your discoveries with others in your troop. **ALL**
- Many schools, community organizations and sport facilities (gymnastic studios, ice rinks, etc.) offer opportunities to join a team sport. Learn about what sports are offered for your age level and join a team sport you are interested in playing. Plan time to practice your skills for the position you play on your team. Share with others what you are learning about being part of a team. **ALL**
- Runners need proper footwear, hockey players need a stick to fit their size, ice skaters need skates that support their ankles, and snowboarders need a board that fits their weight and height. Choose a sport you are interested in playing and learn about the equipment you would need to play that sport. Visit a sporting goods store and ask a staff member to show you the equipment you would need, how to know if it is the right equipment for you and what the cost would be for all the equipment to play your sport. **ALL**
- Sports teams can be classified as professional or as minor league. The game they play is the same but there are differences in how they are supported by fans and also in the pay the athletes receive. Price the difference in tickets to see a pro vs. a minor league team at a sport you are interested in. Look for special kids' events with teams like the New Hampshire Fisher Cats or the Vermont Lake Monsters. Which ticket is more affordable? What kinds of special events do the different venues offer? Go with your family or troop to a minor league game. Talk with other spectators to ask what they think about pro vs. minor league sporting events. **ALL**
- Our council offers many programs where girls can get active (Jump In, Swift Water Paddlers, and Virtual Running Club are just a few). Attend a council program where you can get active and make sure to fill out your evaluation to share what you thought about your experience. **ALL**
- Visit a facility where you can try a new sport. It can be a ski area that offers winter and summer programs, a karate dojo, a gym, a skating rink or other facility in your area. Ask what types of programs they offer, learn about what they offer for instruction and what type of certification their instructors have. If possible, sign up for a class or program to try the sport. **ALL**
- Ropes courses and adventure sports are a great way to work on teambuilding with your troop. Find a facility in your area where you can participate in a program with your troop. Participate in the program you planned and make sure to talk with your troop after your event to share how the experience made your troop more of a team. **J/C/S/A**

- Many famous female athletes were (or still are) Girl Scouts. Learn about their lives and how they become a winning athlete. How do you think Girl Scouting helped them in being successful? Write them a letter to let them know you are also a Girl Scout and would like to know how Girl Scouting made a difference in their lives. If you receive a reply, share it with others in your troop or other group. **ALL**
- Talk with your family members about what sports they played growing up (or still play). Why did they choose that sport? What was their best memory of playing on a team or participating in their sport? Ask to see any old photos of them with their team and if they have any medals or certificates from their team days. What made those awards important to them? **ALL**

Take Action

Girls will complete at least 2 activities that encourage them to make a difference in their lives and the lives of others.

- In many professional sports, men often receive a higher salary than women for doing the same activities. Most recently there have been issues with women in professional soccer taking legal action to receive the same pay. Why does this happen? What are female professional athletes doing to change this in their sport? Learn how tennis became an equal-pay sport based on the work of Billie Jean King and others to create the Women's Tennis Association in 1973. Find out what you can do to help support female athletes in a sport without equal pay (write a letter, start a petition, etc.). Share with others what you are doing and encourage them to join your effort. **J/C/S/A**
- Juliette believed that sports and fitness helped girls develop a strong mind and body. Create a daily schedule for a week that includes eating healthy, daily fitness, limited time with technology and adequate rest. Follow your plan for a week and write about how you feel after that week. Do you feel healthier? What can you do to continue to include health and fitness into your daily life? **ALL**
- All sports have a history that can be linked back to a culture or person who created that sport (the earliest recorded sports are of sprinting and wrestling in cave drawings from 173,000 years ago) and the Olympic Games first started in ancient Greece. Over the years, rules, equipment and sporting facilities have been modified or changed to represent what is appropriate for the current times. New sports are always being invented and some are even recognized by the International Olympic Committee (learn more about how Curling became an official sport for the Olympic Games). Come up with your own new or revised sport. Create simple rules that others can follow (and remember you can't change the rules once the game is in play), how many people can play the sport at once, what type of equipment you will need, etc. Get a group together and try your new sport. Get feedback from others about what they think of your new game. **ALL**
- With all sports, injuries can occur. There are always safety rules in place and required equipment to help prevent injuries. Choose a sport that interests you and find out what type of equipment is needed to stay safe. Create a poster or flier to share with others to promote the importance of wearing proper equipment anytime you participate in sports (helmets, mouth guards, shin guards, etc.). **ALL**
- Even with the proper equipment, sport injuries can happen. Choose a sport that interests you and find out what is the most common injury for that sport. Find out what you can do to treat common injuries like strains, abrasions, broken bones, and torn ligaments. You can use a Girl Scout First Aid Badge for your age level to help you in learning some basic skills or invite a health professional to attend a troop meeting to teach you basic first aid skills for injuries. **B/J/C/S/A**
- Concussions are a common injury in many sports and concussions can be life-threatening. Find out about the signs and symptoms of concussions, treatment for a concussion and what can be done by athletes to prevent concussions. Create a flier, poster, short video or other way to share what you have learned with others. **B/J/C/S/A**
- Many children are not able to play a sport because they can't afford the equipment needed to play or the cost to participate in a program. Look at the needs in your area and see what you can do to make a difference. For example, you could collect used sports equipment and donate that equipment to a school or other community center that can distribute them to children in need. Share with others the needs you found in your community and how they can also help make a difference. **ALL**
- Everyone is unique and just because you are not the best at a certain sport doesn't mean that you are not successful. Start a personal journey to set your own goal to improve your skills at your sport. Track your success each time you play and plan time for practice at least 4-5 times a week. Continue to track your successes to see if you are doing better than your past performances. Talk with a coach or other athlete to see if they also have suggestions of things you can do to help you develop the skills you need to be successful and add them to your practice sessions. **ALL**

- Offer a program to younger girls where they can come and play sports and learn about fitness with other Girl Scouts. You can help them complete badge activities or learn new skills. Ask girls what other programs they would like to attend based on sports or fitness to give you ideas for future events to host. **J/C/S/A**
- Cullen Jones is an Olympic Gold Medalist in swimming. He learned to swim after almost drowning in a public pool when he was 5 years old. Every year over 3,000 people die from drowning, and one in every five of those people are children 14 and younger. Cullen now works with the Make a Splash program to help children learn to swim. Work with your local YMCA or other community organization that offers swim classes to find out how you can promote others learning to swim, or take a lesson to learn how to swim if you don't know how to swim yet. Talk to a Girl Scout camp lifeguard about what they do at camp to help girls to enjoy swimming and encourage girls to develop their swimming abilities at camp. **ALL**

Helpful Websites:

- https://www.washingtonpost.com/lifestyle/style/famous-former-girl-scouts/2012/02/29/gIOA5YA3qR_gallery.html?utm_term=.be76645b7d01 - Article on famous women who were Girl Scouts as girls.
- <http://www.vintagegirlscout.com/default.html> - Online museum of past Girl Scout badges.
- http://teacher.scholastic.com/activities/athens_games/backyard.htm - Information on how Olympic host cities are selected.
- https://www.washingtonpost.com/news/wonk/wp/2015/07/02/countries-who-treat-their-women-equally-have-better-womens-soccer-teams/?utm_term=.1c4480642340 - Information on how the Title IX Federal Law in 1978 changed publicly funded sporting opportunities and how gender equality helps make our athletes better.
- <https://healthyforgood.heart.org/move-more/articles/target-heart-rates> How to check your heart rate during exercise.
- <http://www.askaboutsports.com/about/ioc-recognized-sports.htm> - List of sports recognized by the International Olympic Committee.
- <http://www.nytimes.com/2016/04/22/sports/soccer/usmnt-uswnt-soccer-equal-pay.html?r=0> - Article about issues with women receiving less pay than men.
- <http://abcnews.go.com/GMA/SummerSizzle/story?id=5429503&page=1> - Story about Cullen Jones.
- <http://www.usaswimming.org/DesktopDefault.aspx?TabId=2092&Alias=Rainbow&Lang=en> - Link to the Make a Splash program.

Local Resources:

- <http://newhampshire.fishercats.milb.com/index.jsp?sid=t463> - Site for the NH Fisher Cats
- <http://www.milb.com/index.jsp?sid=t462> - Site for the VT Lake Monsters.
- www.girlscoutsgwm.org - Girl Scouts of the Green and White Mountains site with links to programs, Safety Activity Checkpoints and troop resources.

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*Troop Age Level(s): **Daisy**__**Brownie**__**Junior**__**Cadette**__**Senior**__**Ambassador**__

*Please write the number of girls per level

Troop Leader: _____
Street: _____ City: _____ State: _____ Zip Code: _____
Day Phone #: _____ Night Phone: _____ Cell: _____

1. Which activities did your troop enjoy the most?
2. In what ways did the girls give service in relation to this patch?
3. What activities did your troop complete?
4. Did you change or adapt any activities? In what way?
5. How did the Journey suggestions help you connect this to your age level journey?
6. Would you suggest any changes?
7. Comments:

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Please return your Girl Scouts Get Active patch order form AND evaluation forms together!

Troop Age Level(s): Daisy _____ Brownie _____ Junior _____
 Cadette _____ Senior _____ Ambassador _____

Troop Leader: _____

Street: _____ City: _____ State: _____ Zip Code: _____

Day Phone #: _____ Night Phone: _____ Cell: _____

_____ # of patches @ **\$2.00 each:** \$ _____

*Shipping/handling: \$ _____

Total enclosed: \$ _____

VISA and MasterCard are also accepted.

Please charge my (circle one): **VISA** or **MasterCard**

Card #: _____ Expiration Date: _____ / _____ CVC _____

Signature: _____

(A signature is required on all Credit Card orders)

*For shipping and handling rates, please go to <https://www.girlscoutsgwm.org/en/our-council/shop.html>.

If you have any questions, please contact Customer Care at 1-888-474-9686. You may also email Customer Care at customercare@girlscoutsgwm.org.

Please mail this order form **AND** your evaluation to:

**The Mountain Top Shop
Girl Scouts of the Green and White Mountains
1 Commerce Drive
Bedford, NH 03110**