

girl scouts 
of the green and
white mountains

BREAKING BARRIERS IN SPORTS

PATCH PROGRAM



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BREAKING BARRIERS IN SPORTS PATCH PROGRAM

This patch will increase awareness and educate Girl Scouts how to include those with disabilities in various sports. The intentions of the patch program are to heighten awareness, understanding and acceptance of people of all abilities.

Throughout the different activities Girl Scouts will learn to focus on what somebody can do, not what they can't do. They will learn how to appreciate each other, that we see each other's gifts and that we value being together; it's the right to belong, whether or not disabilities are a factor.

Each age level has specific activities to complete to earn the Sports and Disabilities patch. Make sure to complete the starred activities. There is a note next to activities that tie into a specific badge step for each level.

SPORTS AND DISABILITIES PATCH FOR DAISY AND BROWNIE GIRL SCOUTS

Daisies complete at least 3 activities, including the starred activities

Brownies complete at least 4 activities, including the starred activities

1. * **Learn about how sports help those with disabilities:** Some people may have a disability that makes playing sports harder, and many still find a way to play. Learn more about the benefits of sports for those with disabilities, types of sports for those with disabilities, and or barriers to adaptive sports participation. Draw a picture to display what you have learned.
2. * **What's the difference?** Learn the difference between the Olympics, Special Olympics and Paralympics.
 - When was each founded?
 - Who is eligible to compete?
 - Why is the Special Olympics separate from the Olympics and Paralympics?
 - How are the goals of each different?
 - How often are the games held?
3. **Read a book:** choose any age-appropriate book from the list below or you may also find any other book that is about sports and disabilities to read. Read your chosen book together as a troop or with another adult and then discuss what you learned from the book.
 - Tenacious by: Patty Cisneros Prevo
 - The Girl Who Figured it Out by: Minda Dentler
 - The William Hoy Story by: Nancy Churnin
 - Marshmallow & Jordan by: Alina Chau
 - Kelsey Goes to the Special Olympics by: Kelsey Anastasia Norris and Carol Norris
 - This is How We Play by: Jessica Slice and Caroline Cupp
4. **Create a way all can play!** Choose an activity or game you play at recess or in physical education class and think of ways you could adapt these games for someone with a disability (ie. intellectual impairment, vision impairment, hearing impairment, use of a wheelchair, etc.) It takes a little creativity and usually little to no extra equipment to adapt many games! Discuss with a friend: How did you think of ways to make adaptations to your favorite games? Why is it important to have several ways to play games? How can these ideas help your entire school and group of friends?
5. **Watch a LIVE practice and/or game:** Find a local sports league in your area for people with disabilities. Check with your local Special Olympics organization or Parks and Rec programs for helpful information. Go and watch a practice and or game. If you are not able to find a local league, ask an adult to help you find one to watch online.

SPORTS AND DISABILITIES PATCH FOR JUNIOR AND CADETTE GIRL SCOUTS

Complete at least 6 activities, including the starred (*) ones.

1. ***Learn about how sports help those with disabilities:** Some people may have a disability that makes playing sports harder yet many still find a way to play. Learn more about the benefits of sports for those with disabilities, types of sports for those with disabilities, and or barriers to adaptive sports participation. Make a poster to show what you learned.

This also completes Brownie - Fair Play Badge - Step 2

2. ***What's the difference?** Learn the difference between the Olympics, Special Olympics and Paralympics.
 - When was each founded?
 - Who is eligible to compete?
 - Why is the Special Olympics separate from the Olympics and Paralympics?
 - How are the goals of each different?
 - How often are the games held?
3. **Read a book:** choose any age-appropriate book from the list below or you may also find any other book that is about sports and disabilities to read. Read your chosen book then discuss what you learned with a friend or family member.
 - Tenacious by: Patty Cisneros Prevo
 - I Am Not a Label by: Cerrie Burnell
 - The William Hoy Story by: Nancy Churnin
 - Marshmallow & Jordan by: Alina Chau
 - Kelsey Goes to the Special Olympics by: Kelsey Anastasia Norris and Carol Norris
 - This is How We Play by: Jessica Slice and Caroline Cupp
4. **Watch a movie or documentary:** Choose any age-appropriate movie or documentary from the list below or you may also find another movie or documentary about sports and disabilities to watch. You may choose certain clips instead of showing the whole thing. Discuss what you learned from the movie or documentary.
 - Champions
 - 23 Blast
 - Soul Surfer
 - Rising Phoenix
5. **Create a way all can play!** Choose a drill that you would do to train for your favorite sport and think of ways you could adapt this drill for someone with a disability (ie. intellectual impairment, vision impairment, hearing impairment, use of a wheelchair, etc.) Talk to a coach or gym teacher. Ask them to help you create a drill that all could participate in. It takes a little creativity and usually little to no extra equipment to adapt many drills! Discuss with a friend: How did you think of ways to make adaptations to your drill?

This also completes Junior - Practice with Purpose - Step 4

6. **Interview a person with a disability:** If you know a person with a disability, ask them if they will do an informational interview. Ask about their hobbies, family, dreams, what they want people to know about their disability, or if they use any accommodations. Share the interview and what you have learned from it with your troop.
7. **Volunteer:** Find a local sports league in your area for people with disabilities. Check with your local Special Olympics organization or Parks and Rec programs for helpful information. Volunteer to help at a practice and/or game. After you volunteer, think about what it means to have good sportsmanship. How does it apply to all groups? Do you need to change anything to make your definition more universal?

This also completes Cadette - Good Sportsmanship Badge - Step 5

8. **Be a buddy!** Form a “buddy system” with a girl your own age with disabilities. Go to <https://www.bestbuddies.org/newhampshire/> for more information and how to get involved. You can also find an e-buddy at <https://www.bestbuddies.org/what-we-do/ebuddies/>.

SPORTS AND DISABILITIES PATCH FOR SENIOR AND AMBASSADOR GIRL SCOUTS

Complete at least 7 activities, including the starred (*) ones.

1. ***Learn about how sports help those with disabilities:** Some people may have a disability that makes playing sports harder yet many still find a way to play. Learn more about the benefits of sports for those with disabilities, types of sports for those with disabilities, and or barriers to adaptive sports participation. Make a brochure to display what you have learned.
2. ***What's the difference?** Learn the difference between the Olympics, Special Olympics and Paralympics.
 - When was each founded?
 - Who is eligible to compete?
 - Why is the Special Olympics separate from the Olympics and Paralympics?
 - How are the goals of each different?
 - How often are the games held?
3. **Read a book:** choose any age-appropriate book from the list below or you may also find any other book that is about sports and disabilities to read. Read your chosen book then discuss what you learned with a friend or family member.
 - Tenacious by: Patty Cisneros Prevo
 - I Am Not a Label by: Cerrie Burnell
 - The Power of Choice by: Melissa Stockwell
 - Breaking Free by: Mackenzie Coan
 - Heart of Gold by: Sheila DInn
4. **Watch a movie or documentary:** Choose any age-appropriate movie or documentary from the list below or you may also find another movie or documentary about coaching someone with a disability. As you watch, analyze what makes the coach you see successful. Discuss what you learned from the movie or documentary with a friend or family member.

This also completes Ambassadors - Coaching Badge - Step 1

- Champions
 - As Far as They Can Run
 - 23 Blast
 - Soul Surfer
 - Rising Phoenix
5. **Create a way all can play!** Choose an activity or game you play at recess or in physical education class and think of ways you could adapt these games for someone with a disability (ie. intellectual impairment, vision impairment, hearing impairment, use of a wheelchair, etc.) It takes a little creativity and usually little to no extra equipment to adapt many games! Discuss with a friend: How did you think of ways to make adaptations to your favorite games? Why is it

important to have several ways to play games? How can these ideas help your entire school and group of friends?

6. **Research and develop a stretching program:** At the library, in books, or online, find stretches to warm up and safely stretches that all people can participate in. Find ways to adapt these stretches to meet various needs of people with disabilities.

This also completes Seniors - Cross Training Badge - Step 2

7. **Interview a person with a disability:** If you know a person with a disability, ask them if they will do an informational interview. Ask about their hobbies, family, dreams, what they want people to know about their disability, or if they use any accommodations. Share the interview and what you have learned from it with your troop.
8. **Volunteer:** Find a local sports league in your area for people with disabilities. Check with your local Special Olympics organization or Parks and Rec programs for helpful information. Volunteer to help at a practice and/or game.
9. **Be a buddy!** Form a “buddy system” with a person your own age with disabilities. Go to <https://www.bestbuddies.org/newhampshire/> for more information and how to get involved. You can also find an e-buddy at <https://www.bestbuddies.org/what-we-do/ebuddies/>.