



Founded By



April Patch of the Month

Face It: Cultivating Strong Families

This month's patch is focused on strengthening families and communities by building positive experiences. Key positive experiences include building healthy relationships, safe, equitable, and stable environments, social and civic engagement, and emotional growth.

How to earn your Face It: Cultivating Strong Families

1. Complete the number of activities below listed for your age level.
2. Order your patch online or buy it at the GSK shop!

Number of activities required to get the patch:

Daisy (3) • Brownie (4) • Junior (6) • Cadette (8) • Senior (10) • Ambassador (12)



About Patch of the Month

Looking for some additional fun activities for your troop or just to do on your own? Each month, girls can discover, connect, and Take Action in a specific subject area. Hands-on activities are available for all Girl Scout levels and can be done at meetings, as a pre-meeting activity, or as an at-home project.

Patch of the Month programs provide Girl Scouts an opportunity to enjoy a variety of activities while earning a fun patch. Patch programs are available to Girl Scouts of all grade levels. Completing patch programs can help complete a Journey and may satisfy requirements for certain badges. It's not necessary to complete the patch programs in the months specified—they can be completed at any time! All fun patches are placed on the back of the vest or sash.

Patch of the Month Evaluation

Once you have completed the program activities, please be sure to fill out the [Patch of the Month Evaluation](#).

How to Order Patches

Visit the GSK Shop in-person or use the GSK Shop Order Form by clicking [here](#) to purchase your patch for \$2.00 each!



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Discover

Think about what makes you special and unique as a Girl Scout. Write down 5 affirmations. I am _____.

- Identify 5 people in your life who you can go to in times of celebration and in times of need.
- Who do you talk to when you have big news to share?
- Who do you talk to when you're sad?
- Who do you talk to when you need encouragement?
- When you have a problem, who do you go to help fix it?
- Who do you trust will listen to you without judging you?
- Think about how you express your feelings in a positive way. Write down 5 ways you express your feelings when you are happy, sad, angry, joyful, and anxious.
- Think about safe people, places, and activities. Identify 1-2 answers for people, places, and activities, then think about what makes them safe.
- You are not alone. Everyone needs community. Identify 5 ways you engage in community.

Connect

- Discover what makes a friend/family member special. Take 30 minutes to talk to a member about their strengths and what makes them special.
- Ask a troop pal to tell you about a positive experience. Ask them to describe through the five senses: See, Smell, Taste, Hear, Touch.
- Each family is unique and has its own strengths: What are your family's strengths? Together, identify a list of 10 strengths.
- Every family has challenges. When your family has challenges, what are ways you all connect and support each other during difficult times? Identify a list of 5 tools your family uses.
- Read a book with a family or friend.



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Act

- Give a hug to someone special in your family.
- Write a note to someone and explain what you appreciate about them.
- Impromptu Dance Party—Find a friend and find a playlist!
- Plan a family/friend activity (Maybe to watch a movie, go outside and play, make dinner together, or play a game as a family.)
- Organize a time to give back to your community (Serve in a food pantry, pick up trash at your park, visit an elderly neighbor, offer to help your grandparents, or bring flowers to a nursing home.)
- Make a special treat and share with a family member, friend, or neighbor.



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