



Project Heart

Philanthropy is the process of giving back. In Girl Scouts, we do this through community service, Take Action projects, and highest awards. Identifying how you are going to give back can sometimes be hard, but if you start with the WHY you want to give back, it will help you decide. Through this patch, we are going to explore what makes each of you unique and talented doers for your communities.

Steps:

1. Explore the meaning of the word philanthropy
2. Identify your 3Ts- time, treasure, and talent
3. Discover what philanthropy has to do with Girl Scouts
4. Engage with problems that you are most passionate about

Purpose:

When I have earned this patch, I will understand the meaning of philanthropy and how it relates to my life.

Words to Know:

Giving- to present voluntarily and without expecting compensation.

Need- to require, to be necessary (see additional resources for examples of need vs. service)

Service- the act of helpful activity

Philanthropy (simple)- when someone uses their 3ts (time, talent, or treasure) to meet a need in their community and make a difference.

Take Action Project- earned by any level of Girl Scout as they identify a need in their community and create a sustainable project to support that need.

Girl Scout Bronze Award – earned by Juniors (4th & 5th grade) by teaming up with other Girl Scouts to make a difference in their towns

Girl Scout Silver Award- earned by Cadettes (6th – 8th grade) by researching an issue, making a plan to address it, and then taking action to improve their communities.

Girl Scout Gold Award- earned by Seniors (9th & 10th grade) and Ambassadors (11th & 12th grade) by developing and carrying out lasting solutions to issues in their neighborhoods and beyond. Gold Award is the highest award in Girl Scouting.

Before You Begin

We understand that philanthropy is not a concept that everyone has experience with or has ever talked about – that is OK! Below you will find some tips and resources but remember it is OK to explore and learn with your Girl Scouts. Visit this landing page to access all of these resources: <https://myprojectheart.org/gsco>

- What is Philanthropy? - YouTube - short video to learn more about philanthropy. You can also show your Girl Scouts this video.
- Empathy and Project Heart: What's the connection? - blog about the connection between philanthropy and building empathy
- Why Children Should Be Taught Philanthropy – social science piece on the benefits of teaching children philanthropy.
- Naveen Jain – he's a social entrepreneur, and there's a great 3-minute video on his page called Philanthropy is Not about Donating money, But Solving Problems

Meeting 1: Steps 1 & 2

Total Time: 45 minutes

Supplies needed:

- Scrap paper, ¼ sheet, and ½ sheet
- Plain paper
- Post-its
- Something to write with
- 4 big pieces of paper for group collaboration

Optional Supplies Dependent on Activity Selection

- Coloring sheets as the Girl Scouts arrive- <https://myprojectheart.org/gsco>
- Philanthropy Pronunciation Cards - <https://myprojectheart.org/gsco>
- Activity 3, Option 1- Girl Scout Shirt
 - Tie dye kit
 - White shirts – you will need these all to be the same size. Tip is to figure out the largest shirt size and go up a size for everyone. If it is big on one of the Girl Scouts they can later tie it up or use other techniques to make it work.
 - Note: for younger Girl Scouts, you might want to have the shirts twisted and tied with rubber bands for them.
- Activity 3, Option 2- Girl Scout Name Tag
 - Wood cutouts OR foam pieces OR thick cardstock

- Markers
- String
- Items to bedazzle artwork (confetti, pom poms, etc.)

Activity 1: Arrival and Opening Ceremony

Time: 15 minutes

ARRIVAL: Ask Girl Scouts to take one piece of scrap paper (1/4 sheet) and write on it something nice they would like to tell someone. Tell them not to be specific about the person, just anyone. They will hold onto that until we start the meeting. Leaders, if you have an uneven amount of Girl Scouts, have one of the adults make a note. We will need an even number for the warmup and wellness activity.

Optional: Have the 3T coloring sheets available for them to do after they have completed the wellness activity.

WARMUP AND WELLNESS: Ask Girl Scouts to get into a friendship circle. Have them take their ¼ sheet of paper with the nice note on it and give it to the Girl Scout across from them. Make sure each Girl Scout gets a note, and have them read the note to themselves. Ask them to take a quiet moment and reflect on how both giving and receiving the note made them feel. If time, ask Girl Scouts to share their reflections if they would like.

OPENING CEREMONY: Have them say the Girl Scout Promise and Law. Let them know that today we are going to talk about the line “make the world a better place” and how we can do that.

Activity 2: Giving, Needs, and Service

Time: 10 minutes

Collaboration Activity: Give each Girl Scout a couple of post-its and ask them each to write words, pictures, definitions, or examples of “giving”. Use one of the large pieces of paper and write “GIVING” at the top, then have Girl Scouts stick their post-its. Reflect together on what has been shared. Summarize that giving is to present something voluntarily and without expecting compensation. A great example of giving was done in our warmup by giving each other a nice note.

Reflect: Did you need to receive this note from your fellow Girl Scout today?

Leaders reflect Girl Scouts: Probably not, a need is something that you require or is necessary. As we talk about service, think about this idea of **NEED**.

CHOOSE ONE

Option 1: Do a survey

Have Girl Scouts take a piece of paper and fold it in half. One half should say “Needs” and the other half “Service”. Take this paper and something to write with, and have them go around and ask each other two questions:

- What is a need that you have?
- What are some ways that someone could help them meet that need?

Give them about 5 minutes to ask the questions to at least 3 people, then have them come back and share.

Option 2: Analyze your own needs

Have Girl Scouts take a piece of paper and fold it in half. One half should say “Needs” and the other half “Service”. Give them 2 minutes to write down as many needs as they can think of. Then give them 3 minutes to think about ways someone could help them meet that need.

Reflect: Are some of the needs we discovered from our Girl Scouts the same needs of our communities? How do we know?

Leaders reflect Girl Scouts: Possibly, but we need to make sure we ask the communities what their needs are. We cannot make assumptions that our needs are the same as theirs. When we know how we can help, we can make a bigger impact.

Activity 3: 3Ts- Time, Treasure, and Talent

Time: 10 minutes

In this activity, Girl Scouts are going to create something that will identify them as Girl Scouts when we go out on day trips. State that, as leaders, we have identified this as a need for our community or troop because of safety concerns when we are out.

On <https://myprojectheart.org/gsco> play the ‘What Philanthropy?’ for your Girl Scouts

If you are unable to play the video and want to do a hands-on activity, the ‘Philanthropy Pronunciation Cards’ is a 5 minute activity that is a good alternative.

CHOOSE ONE

Option 1: Girl Scout Shirt

**** Make sure your space is prepped for tie-dye. We suggest doing this activity outside on the grass or gravel if possible.****

Give each Girl Scout a pre-washed shirt and 3-5 rubber bands. For simple instructions, have them create a spiral design by pinching at the center and twisting in a circle. You can find a video of this here: <https://youtu.be/jyDFWIFvF3k>. Then have them use their time and talent to create their shirt. As Girl Scouts finish, have them put their shirt in a ziplock bag and write their name on it.

Note: Leave enough space on the bag to add a "FROM" before their name.

Option 2: Girl Scout Name Tag

Give each Girl Scout the base for the name tag (wood cut out, cardstock, etc.). Instruct them that they are going to make a frame or space for their name but DO NOT write their name yet. For younger Girl Scouts, you might want to have drawn a shape that you do not want them to decorate so there is space for a name. As Girl Scouts finish, have them wait until everyone is done before a name goes on it.

For Both Options: Practice Philanthropy

Have the Girl Scouts bring their project to a friendship circle. Ask the Girl Scouts if they remember why we did this project. Because we had a NEED to keep everyone safe, their SERVICE was to create the project. Now we are going to practice what it feels like to use your TIME, TALENT, and now to share your TREASURE, what they made, to help our troop. Have the Girl Scouts give either their shirt or name tag to the Girl Scout to their left. The project that they have in front of them will be theirs. Share that now each Girl Scout has something special that someone used their time, talent, and treasure, the heart of philanthropy, to help them.

Activity 4: Closing Ceremony

Time: 10 minutes

While still in the friendship circle, ask what they learned today about helping their community.

Leader reflects Girl Scouts: You learned and experienced what it was like to give to support a need from someone and how you can use your time, talent, and treasure to create that support.

Today you are going to send them home with two pieces of paper.

- One is just a blank sheet of paper with “I care about...” across the top. On this piece of paper, we want you to work with your adult at home to write or draw about all the things that you care about in your community- it can be anything!
- The second piece of paper is divided into 3 sections with “Time, Talent, and Treasure” written across the top. Work with your adult at home to write or draw on ways you can give your time, your talent, and your treasure to support your community. This doesn’t have to be specific to one thing, it can just be a list of what you could do.

End the meeting with a friendship squeeze and any other traditions your troop does to close a meeting.

Activity 5: Post Meeting- Follow Up with Families

Either use the letter template to send an email or print it to hand to caregivers as they pick up their Girl Scout.

Letter Template:

Hello Girl Scout Families –

Today we took our first step in learning how each Girl Scout has their unique way of making the world a better place starting in their communities by starting to earn our Project Heart patch by OtterCares.

- Ask your Girl Scout about the 3Ts of philanthropy- Time, Talent, and Treasure and how they demonstrated them in our meeting today
 - Curious to learn more? Check out this video:
<https://youtu.be/bXkuyZl4Vw>
- *(insert if you did tie-dye)* They came home with a tie-dye shirt in a plastic bag. Leave that shirt in the bag for 6 hours and then wash it with cool water. Make sure to wash it by itself as some of the excess dye will come out. Keep the shirts with their Girl Scout uniform as we will be using them when we go on field trips.
- *(insert if you did a name tag)* They came home with a unique name tag. Please keep this with their Girl Scout uniform as we will be using them when we go on field trips.

They came home with two pieces of paper for a little activity to do before the next meeting. Here are the instructions for those:

- One is just a blank sheet of paper with “I care about...” across the top. On this piece of paper, we want you to work with your adult at home to write

or draw about all the things that you care about in your community- it can be anything!

- The second piece of paper is divided into 3 sections with “Time, Talent, and Treasure” written across the top. Work with your adult at home to write or draw on ways you can give your time, your talent, and your treasure to support your community. This doesn’t have to be specific to one thing, it can just be a list of what you could do.

Next week, we will finish the patch by learning what philanthropy has to do with them, how they can start helping their community, and how this connects to earning a Bronze, Silver, or Gold Award in the future.

Meeting 2: Steps 3 & 4

Total Time: 45 minutes

Supplies needed:

- Post-its
- Something to write with
- Big pieces of paper for group collaboration – 1 chart paper would be enough

Activity 1: Arrival and Opening Ceremony

Time: 15 minutes

ARRIVAL: Ask Girl Scouts to take out their “I care about” worksheet and write down the top 3 things they care about on 3 different post-its. Once they have done this, they can place them up on the big piece of paper that says “We care about...”. Don’t worry if there are duplicates, you will have a moment during the warmup to remove those and organize them.

WARMUP AND WELLNESS: Ask Girl Scouts to get into a friendship circle. Have them pair up with another Girl Scout that is wearing the same color as them. Once they are there, ask them to answer the question...

Why is it important to care about things in our community?

Leaders: As Girl Scouts are sharing, look at the “We care about...” poster and remove any duplicate answers. Then organize them so all of the post-its make a column on the left-hand side.

OPENING CEREMONY: Have them say the Girl Scout Promise and Law. Let them know that today we are going to continue to learn about making the world a better place and start to brainstorm some ways we can experience philanthropy in our communities.

Activity 2: We Care About...

Time: 10 minutes

Gather Girl Scouts in front of the “We care about...” poster. Review what has been shared and ask for any clarifications from the Girl Scouts. Ask them if they remember in the last meeting that we talked about needs and services. Have a couple of Girl Scouts share what that means. Share that we are going to get into smaller groups and first brainstorm the needs of the things that we care about in our community. Give each group a piece of chart paper and markers, then have the Girl Scouts divide up into smaller groups. Give them about 5 minutes to brainstorm. They can write or draw, whatever helps them come up with their needs.

After 5 minutes, have them circle the top 2 needs from their group. Have them all gather back in front of the “We Care About...” poster and share their needs. Share that by doing this step here, we have taken our first step in philanthropy- making sure our project meets the needs of our community.

Activity 3: Using your 3Ts

Time: 15 minutes

In the last meeting, we talked about the 3Ts in philanthropy- Time, Talent, and Treasure. Each of the Girl Scouts in your troop has at least one of these that they can use to make a difference in their community. Community service projects and Take Action projects are part of what we do in Girl Scouts, even as early as with our Kindergarten Daisies. Before we think about which of our 3Ts we can use to support the needs you identified, let’s take a moment to be inspired by some Girl Scouts who have earned their Bronze Award — an award that you can earn as a Junior for the service that you do in your community!

Play the Highest Awards video until ~5:00 mark: <https://myprojectheart.org/gsco>

Leaders, you can choose to have them watch this whole awards ceremony at home with their families. It is pretty inspiring to see all of the amazing things Girl Scouts can do to make the world a better place!

CHOOSE ONE

Option 1: Troop Collaboration

Suggested to choose this if you are looking to discover one project for your whole troop to work towards.

Go back to your “We Care About...” poster. Have the Girl Scouts go through each of the topics and then brainstorm the ways that they can use either their time, talent, or treasure to address the needs they have discovered. Make sure they

come up with Ts that they can do. Encourage them to answer by starting their sentences with “ I can give my (time, treasure, talent) by...”. Once you have gotten through all the needs, have Girl Scouts come up to the board and star or put a mark on one of the needs they want to see turned into a project.

Option 2: Small Group

Suggested to choose this if you are looking for Girl Scouts to split into smaller groups to work on projects.

Give each group a chart paper and have them divide it into 3 sections. They will write at the top of each section:

- I can give my TIME by...
- I can give my TALENT by...
- I can give my TREASURE by...

Give them 5- 10 minutes to brainstorm ways they can meet the needs of their community. Once they seem to be running out of ideas, have them choose 2 ideas from each column and brainstorm a way they could use all three to create a project.

Note: It is not expected for Girl Scouts to completely flesh out their project in this activity. This is just a way to inspire them to see that they can make a difference with their actions.

Activity 4: Closing Ceremony

Time: 5 minutes

Have Girl Scouts gather in a friendship circle. Ask them to share one way they are excited to support their community.

Let Girl Scouts know that we are going to continue to work on these projects as part of our troop meetings and that their goal is that by the end of the school year they will complete the project.

End the meeting with a friendship squeeze and any other traditions your troop does to close a meeting.

Don't forget to request your patches!

https://gscolorado.formstack.com/forms/project_heart_patch_request

Activity 5: Post Meeting- Follow Up with Families

Either use the letter template to send an email or print it to hand to caregivers as they pick up their Girl Scout.

Letter Template:

Hello Girl Scout Families –

Today we finished earning out our Project Heart patch by OtterCares by identifying how Girl Scouts can use their time, talent, or treasure to develop a project to help their community. Even though we finished the patch, our philanthropy project has just begun! From (INSERT TIME RANGE) we are going to take the Girl Scouts' ideas and put them into action in their community.

Ways you can help:

- Ask your Girl Scout how they are going to use their time, treasure, or talent to help their community.
- Ask if there is anything you can do to support them in their project.
- Keep on the lookout for an email from us looking for you all to volunteer your skills! Let us know if you have any skills in (INSERT SKILLS, such as carpentry, website building, etc)

Want to learn more about the Bronze, Silver, and Gold Awards? Check out Girl Scouts website on these Highest Awards:

<https://www.girlscouts.org/en/members/for-girl-scouts/badges-journeys-awards/highest-awards.html>

Please let us know if you have any questions. We are excited for our Girl Scouts to use their resources to make the world a better place!

Wrap-up:

The goal of this program is to expose your Girl Scouts to the rewarding world of philanthropy and spark their interest in earning a highest award. The activities that you have helped your Girl Scouts through are designed to get them thinking about what exactly they might want to do for their project. If they are in 4th or 5th grade, continue that momentum and get them started on their Bronze Award project. This packet explains the process and resources to plan:

https://www.girlscouts.org/content/dam/gsususa/forms-and-documents/activity-zone/juniors/GSUSA_Girl-Scout-Bronze-Award-Guidelines_Juniors.pdf

Additional Resources:

Needs and Services Examples:

Need	Service
family can't afford to buy food	Larimer OR Weld Co. Food Banks, FoCo Café
teacher doesn't have enough time to prep materials	parent volunteer helps grade, laminate, and fill Friday folders
many community members experience homelessness	Homeward Alliance, Fort Collins Rescue Mission, and other shelters
animals are abused or don't have homes	Humane Society, Animal Friends Alliance, ASPCA, etc.
some people with disabilities and the elderly can't get where they need to go	SAINT (Senior Alternatives in Transportation) offers volunteer drivers to get to appointments
students with disabilities need help before and after school, and their parents need a break	Respite Care
birds eating garden produce before people can harvest	students build a scarecrow to protect garden
elderly people don't have as many friends and family at home anymore	Senior center offers activities
children who are sick with cancer or other diseases have to be away from friends	volunteers write cards, make crafts, send stuffed animals, etc.
some people feed stray/feral cats so they keep breeding and spreading disease	Feral Cat Clinic for immunizations and spay/neuter

Book List:

- McKissack, Pat, and April Harrison. *What Is Given from the Heart*. Schwartz & Wade Books, 2019.
 - A beautiful story about a young boy who has to think hard about what to give a friend. He and his family don't have much, but they still know how important it is to help another family who lost everything in a fire. Lexile: AD660L; Accelerated Reader Level: 3.6
- Berenstain, Stan, and Jan Berenstain. *Berenstain Bears Think of Those in Need*. Random House, 1999.
 - Mama Bear realizes the family has too much stuff so they find worthy organizations around town where their old stuff will have value again. Accelerated Reader Level: 3.9; 2nd Grade Equivalent
- Moss, Peggy, and Penny Weber. *One of Us*. Tilbury House Publishers, 2010.

- Roberta is new to her school so she spends the day getting to know the other children to see where she fits in. Lexile: 350; Ages 5-8
- Fox, Amanda, and Luna D. Stella. Zom-Be a Design Thinker! Dave Burgess Consulting, Incorporated, 2019.
 - Zom-Be Zip teaches students design thinking – a process that uses your heart, brain, and hands to create. When you use your heart to empathize, think with your brain, and make with your hands, you turn Zom-Be Zip back into a real boy again. This book also works with the Artivive, Merge AR/VR, Metaverse, and CoSpacesEDU. Early Elementary and up.
- Ludwig, Trudy, and Patrice Barton. The Invisible Boy. Knopf, 2013.
 - A picture book about friendship and kindness. Great for empathy building, especially for younger students, and questions for discussion at the end. Guided Reading N; Lexile AD680L; Accelerated Reader Level 2.8

Want more? Check out the full list: [Book-List-Companion-for-Project-Heart.pdf](https://myprojectheart.org/Book-List-Companion-for-Project-Heart.pdf)
(myprojectheart.org)