



Kindness

Kindness means thinking about a healthy self, considering others, taking care of animals and keeping the earth clean.

Steps

1. Kindness to Self
2. Kindness to Others
3. Kindness to Animals
4. Kindness to Earth
5. Kindness High 5's

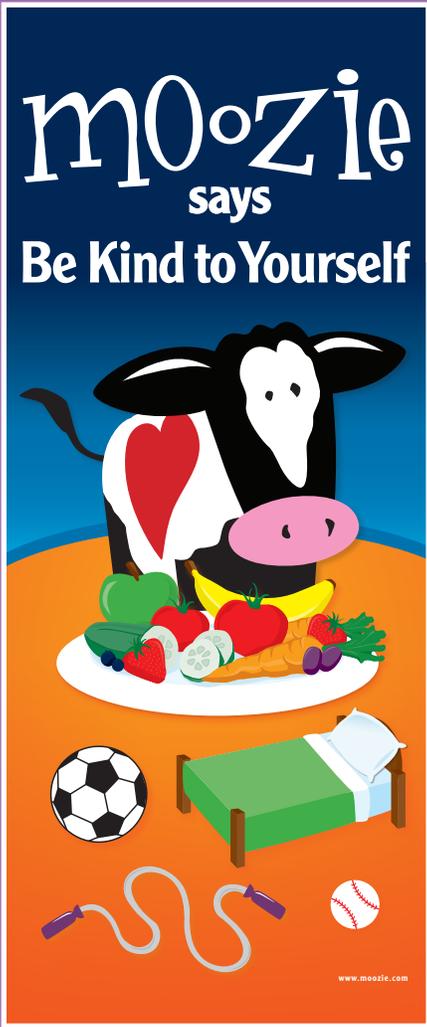
Purpose

When I've earned this badge I'll be kinder to myself, others, animals, and the earth.

Let's be Kind!

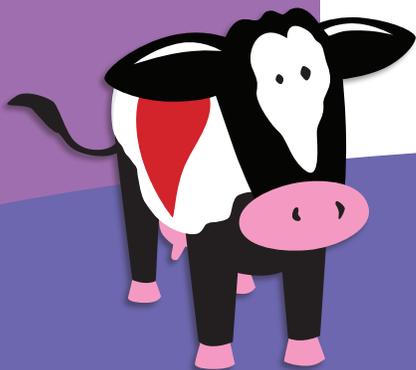


Moozie
The Ambassador of Kindness



Tune:
Farmer in the Dell

.....
I am kind, I am kind
I can make a difference
I am kind.



Step 1 Kindness to Myself

Choices—Do One

.....
 Write down all the ways you take care of yourself. Suggestions:

- Taking care of your hair
- Brushing your teeth
- Washing your hands/bathing
- Exercise/play
- Technology time
- Sleep
- Other

Keep a chart of your activities for a week.

Talk to an adult about your results and how you can improve being kind to yourself.

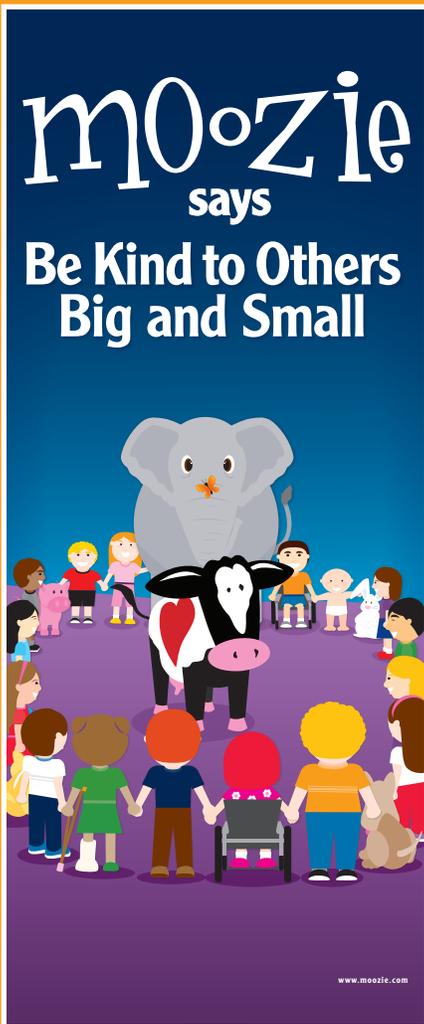
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 Eating Healthy:

- Write down all the foods you like to eat.
- Talk to an adult about your food choices.
- Visit the produce aisle at your grocery—name fruits and vegetables.
- Write down new foods you would like to taste and add to your list.
- Taste new foods.

.....
 Emotions:

- Find pictures of faces in magazines—think about how they feel.
- Write down/draw pictures of how you feel during the day.
- Talk to an adult about your pictures/ lists.

Moozie's wisdom:
**The size of your heart is more important
than the size of your barn.**



Song

.....

I am kind, You are kind
 Together we can make
 a difference
 We are Kind.



Step 2 Kindness to Others

Choices—Do One

Polite Words/Phrases

- Please and thank you are powerful words and so easy to say
- Write down as many polite words as you can think of. Make a poster for your refrigerator so you and your family will use the words/phrases.
- Troop Fun: Brainstorm polite words and write them on a poster, then hang for the troop to use during meetings.

Kindness Circle/Solve Conflicts

- Write down family/ friends/ others who are in your kindness circle.
- How does your circle work and how do you feel being in the circle?
- Do you ever feel left out of the circle—how do you feel?
- How can we solve conflicts? Observe a conflict—body actions, words, emotions.
- Troop Participation: Write 3 kind acts and 3 conflicts on index cards.
- Have your friends act them out . . . then talk about kindness and how to solve conflicts.

Friendship Bracelets

- Gather pipe cleaners or yarn in several colors, beads, and tape.
- Have your troop make friendship bracelets—1 to keep and 1 to give to a friend.
- Pipe cleaners are easy to bead then twist to close.
- Braided yarn can be taped to the table while you braid, then tie and give away.
- Think about—if someone get many bracelets, or someone gets none. Be prepared with extra bracelets to share.

What kindness will you pass on?



Moozie's wisdom:
 The universal language of peace is love.



Song

.....

Feed and water
Exercise and love
I can make a difference
I am kind.



Step 3 Kindness to Animals

Choices—Do One

- Learn about pets/animals. Compare 2 animals:
 - Feed
 - Water
 - Treats
 - Shelter
 - Exercise
 - Health/shots
- Care of your Pet
 - Keep a chart for a week
 - Food
 - Clean water
 - Exercise
 - Bathe/brush
 - Love
 - How much time does it take to care for your pet?
- Visit a veterinarian office or pet store
 - Write a short report about your visit.
 - What animals were there?
 - Ask questions about pets/animals.
 - What were the workers doing?



Moozie's wisdom:
Care given to a pet is returned with love.



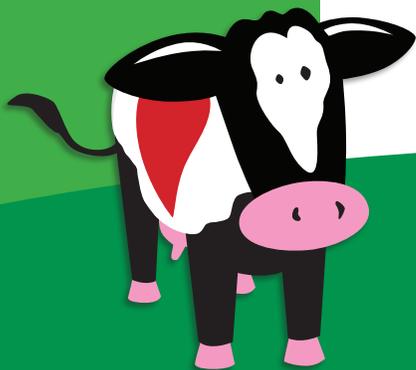
Song:

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Recycle your trash,
pick up litter

Together we can make
a difference

Keep the earth clean.



Step 4 Kindness to Earth

Choices—Do One

Recycle/Reduce/Reuse

- Talk to your family or troop about gathering recyclables for a week.
- How will you gather items, and sort them?
- What do the symbols mean?
- Recycle your collection.

Earth is our home

- Take a walk wearing a tape bracelet—wear the sticky side out.
- Add items you find to your bracelet from nature.
- Be sure to listen and be respectful of the earth.
- Tell your family or troop about your walk and items you found.

Visit a recycling center

- Take your recyclables to a recycling center.
- How much did your family gather in a week?
- How many containers are at the center?
- How full are they?
- Report your finding to your family or troop.



Moozie's wisdom:

A clean earth is a happy earth!

Step 5 High 5's

Choices—Do One

- Say 5 kind words a day for a week.
 - How do people react?
 - How does it make you feel?
 - Report to your family or troop.
- Do 5 kind acts a day for a week—help someone, do a chore without prompting, look for ways to make a difference.
 - How do people react to your kindness?
 - How does it make you feel?
 - Report to your family or troop.
- Make a collage of kindness, inspiring words and pictures that support kindness.
 - Hang it in your room, or the refrigerator to share with your family.
 - Take your collage to show your troop.

thank you please good
moo you're welcome sorry
excuse me moo thank you
please you're welcome
sorry excuse me moo
thank you please good
moo you're welcome sorry
excuse me moo thank you
please you're welcome
sorry excuse me moo
thank you please good
moo you're welcome sorry
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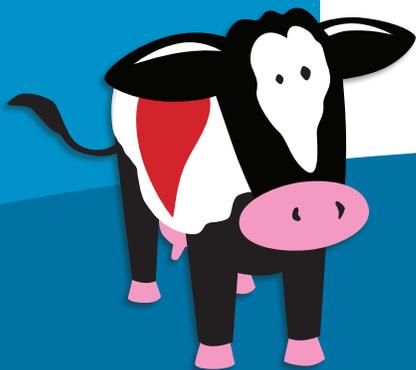
Song:

.....

I am kind, I am kind
I can make a difference
I am kind.



Use a high 5 as a reminder to do,
say and be kind 5x a day!



Moozie's wisdom:
Being kind feels good!

Kindness to _____.

Add the badge to your Journey!

Now that I've earned this badge, I can give service by:

- Being a kinder person makes me feel good.
- Kindness can make a difference to myself, others, animals, and the earth.
- It's easy to spread kindness.

I'm inspired to :

Brownie badge complete!!!!!!



Moozie's wisdom:
Moozie is very proud of your kindness!