



GRATITUDE PATCH PROGRAM

Brought to you by the Farm Families
who own Cabot Creamery Co-operative



Dear Group Leaders & Parents

The farm families of Cabot Creamery Co-operative are so pleased that you have chosen to complete the **Gratitude Patch Program** with your group! Our goals for this program are to help your group understand what it means to be grateful, what they have to be grateful for in their lives, and how to express that gratitude to those around them.

If you and your group enjoy the activities in this booklet, please check out the other patch programs that we have developed at cabotcheese.coop/patches. Please do not hesitate to reach out to healthinfo@cabotcheese.coop if you need any assistance as you work on the patch.

In addition to our free scout patch programs, the farm families of Cabot want to thank you for the time you give to help the children in your community, by also providing free education materials! These resources help to teach kids about important concepts including where their food comes from, the importance of a healthy lifestyle, and about how they can make the world a better place. Visit cabotcheese.coop/youthful-matters to learn more!

Another expression of Cabot's gratitude towards the volunteering you do within your community, is our **Reward Volunteers Program**. Cabot has developed this free program to allow you to track the time you spend volunteering in your community and to earn rewards for for both you and the nonprofit you serve. Visit rewardvolunteers.coop to learn more!

The farm families of Cabot Creamery Co-operative hope you and your group will enjoy completing this educational patch program.

With Gratitude,



Sara Wing, RD

Cabot Creamery Co-operative

Many thanks to Kelly Schriver, MS, RD, LD and Troop 13489 for the development of The Gratitude Patch Program

Learning Objectives

When I have earned this patch, I will understand the importance of expressing gratitude in both what I say and through my actions.

1. What does gratitude mean?
2. What are you grateful for?
3. Express your gratitude.
4. Keep the gratitude going.

Next Steps

Once your group has completed the activities, please fill out the online survey to receive your FREE Patches and Treat Pack! You can find the survey at emcspiritt.poll daddy.com/s/gratitude. If you have any questions about this patch program, please email healthinfo@cabotcheese.com

Girl Scout Leaders:

Activity choices for earning the Gratitude Patch also fulfill steps for the Brownie Making Friends, Junior Social Butterfly, and Cadette Science of Happiness Badges. Additionally, Daisies will learn values of the Girl Scout Law while completing the patch activities, allowing them to earn Daisy Petals.

Suggested Petals include:

- Zinni Petal (Light Green) – Considerate & Caring
- Vi Petal (Violet) – Be a sister to every Girl Scout
- Sunny Petal (Yellow) – Friendly & Helpful

By completing the activities denoted by the symbols below, girls will earn their badge(s) and petal(s) – which troop leaders can purchase online or at their local Girl Scout store.

Symbols:



Making Friends



Social Butterfly



**Science of
Happiness**

Step 1: What Does Gratitude Mean?

ACTIVITIES – CHOOSE ONE

- _____ Define the word gratitude. What other words do you associate with gratitude? Create a mural or collage with words and pictures to illustrate what gratitude means to you.
- _____ Draw a picture of what gratitude means to you. You can take inspiration from a favorite social media photo, family photo, a work of art, or another source in your life.
- _____ Interview your friends or family to find out what gratitude means to them. With their permission, ask to video their responses and share on social media, with your parent's consent.
- ▲ _____ Check out the greeting card section in a local store. Are there common themes, words, etc. in the cards that express gratitude? Create your own card for someone you want to thank or acknowledge.



Step 2: What Are You Grateful For?

ACTIVITIES – CHOOSE ONE

-  _____ Create a Gratitude Tree. As a troop, or individually, sketch a trunk and branches of a tree on a piece of paper or poster board. Next, create leaves and write what you are grateful for on each leaf. Then, tape or glue the leaves on the tree. Leaves can be all shapes, colors, and sizes. One idea is to trace your hand and cut it out to form the leaves of the tree, which is visually interesting and meaningful.
-  _____ Research how other cultures express gratitude and compare how these acts are similar/different to how you express gratitude. Do you have any customs in your family for how you express gratitude? You can find out more about how other cultures express gratitude by visiting: ezinearticles.com/?Ways-to-Show-Thanks-in-Different-Countries&id=6425571
-  _____ Famous American author, William Arthur Ward, said, "Feeling gratitude and not expressing it is like wrapping a present and not giving it". Describe how you express gratitude and how you feel when you do. Write about one real life experience, including what you did, said, and felt. How you think your words or actions made the other person feel?
-  _____ For one week, keep a gratitude journal. Each day, write down a minimum of three things for which you are grateful and/or three positive things about the day. You could also create your own graphic journal by drawing pictures of things for which you are thankful for in your journal. Challenge yourself to include at least one thing for which you are happy for in the life of a friend or family member. This is a different way to think about happiness and gratitude – and, you may be surprised how positive you feel when you put attention on being happy for others.

Go a step further and learn how to say 'thank you' in three different languages, including American Sign Language. You can find out information for American Sign Language here: nidcd.nih.gov/health/american-sign-language

Step 3: Express Your Gratitude

ACTIVITIES – CHOOSE ONE

◆ _____ Make copies of the enclosed "I am grateful for you" cards or make your own. Give out one with a special, personalized message each day for one week.

▲ _____ Idioms are word combinations which have a different meaning than the literal meanings of each word. Common examples include: "Give it a shot" (Try), "A piece of cake" (Very easy), "It costs an arm and a leg" (It was expensive). Have you heard the expression "owe someone a debt of gratitude"? The idiom is used to express a large amount of thanks owed to someone who deserves gratitude. Create your own special "currency" that you might use to repay a debt of gratitude. Ideas include a thank you card, award or certificate, paper flower, special dollar bill, etc.

_____ Create a troop or individual plan for expressing gratitude. Evaluate the plan and determine; is it sustainable? Can it be adopted by others? Keep gratitude growing and going by sharing with other troops, clubs, or organizations.

▲ Brownies, be sure to create one card for someone with whom you have not been getting along, someone you have wronged. Expressing how you feel and trying to make amends, or clear the air, is a great way to resolve conflict from a disagreement.

More to Explore

Does your competitive nature get the best of you during cookie sales or fundraisers? Do you feel preoccupied with the competition or concerned with reaching a certain sales level to earn patches and prizes? Instead of worrying about how you are doing, think instead about being grateful... to those who are supporting your fundraiser, to have the opportunity to help others in your community, to your parents or group leaders for supporting you. Not only will this make you happier, but it may also make your fundraiser or cookie sale more productive!

Step 4: Keep the Gratitude Going

ACTIVITIES – CHOOSE ONE

-  _____ Volunteer! Volunteering is a great way to teach gratitude. In general, people who volunteer are more compassionate and feel a sense of community. The experience can help one feel more thankful for what one has. Whether it's raking leaves in the neighbor's yard, donating toys or clothing to a shelter, or collecting canned goods for a food drive, nothing is too big or small. Choose a cause that works with your interests. For example, if you love animals, consider volunteering at the local Humane Society or collecting dog toys for a rescue group. Have your parents or troop leader check out rewardvolunteers.coop to search volunteer opportunities in your area.

- _____ Honor a volunteer by presenting them with a token of thanks, or by hosting a reception for volunteers who have helped the troop. Consider nominating a special volunteer for a Girl Scout Volunteer Award or Community Service Award. Let that special person know they are appreciated and that their good deeds have not gone unnoticed. Learn more here:
girlscouts.org/en/adults/volunteer/volunteer-appreciation.html

-  _____ Perform at least one random act of kindness, every day, for one week. Everyday kindness can be opening a door for a stranger, complimenting your friend on a new outfit, or surprising your sibling with their favorite treat [for no reason at all]. Focusing on smiling faces and the goodness of people can help one connect and experience joy, while helping to block out negativity.

I am grateful for you



I am grateful for you



I am grateful for you



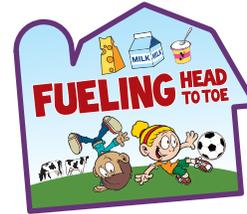
I am grateful for you





Learn Once, Earn Twice. Several of Cabot's patch programs include activity choices that help scouts and students fulfill steps to earn their patches, but also take steps towards a sustainable future - healthy lifestyle and community.

THE FUELING HEAD TO TOE PATCH teaches children the importance of a healthy lifestyle, one that includes regular physical activity and proper nutrition. The hands-on activities provide kids the practical tips and tools to stay fit and healthy, now and in the future.



THE B CORP PATCH teaches kids the importance of strong, healthy communities. The lessons help children understand how they can contribute to their community, and explains how B Corps contribute to the health of their community.



THE GRATITUDE PATCH focuses on the importance of expressing gratitude in both what one says and does through ones actions. The activities guide kids to focus and appreciate the good things and special people in their lives.



THE CO-OPS FOR COMMUNITY PATCH will introduce young people to the co-operative model and help them design their own business.



THE 3-EVERY-DAY CALCIUM CHALLENGE PATCH encourages individuals to learn about the importance of calcium in a healthy diet for stronger bones and body.



SMALL STEPS TOWARD SUSTAINABILITY PATCH encourages children to make small changes in their lives to help their homes and communities become more sustainable.



Cabot Creamery Co-operative is owned by 1,100 farm families throughout New England and New York. At Cabot, we know the importance of teaching healthy habits, which is why we have created materials and resources to support your efforts in your community, at home, and in your profession. Learn More at Cabotchese.coop/patches



REWARD Volunteers®

**Log Time,
Win Prizes!**

**RewardVolunteers.coop
#RewardVolunteers**

Troop, Group, and Parent Volunteers - Get rewarded for volunteering!

Reward Volunteers is a free, easy way for volunteers to track the time they spend volunteering in their community and to earn rewards for their contributions.

Visit rewardvolunteers.coop to learn more!

