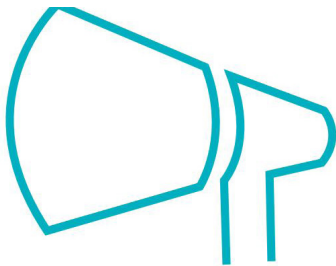


IMPACT from HOME



Simple things you can do to spread joy,
kindness and bring positive change from
where you are!



**WORLD ASSOCIATION
OF GIRL GUIDES
AND GIRL SCOUTS**

WHY THE WORLD NEEDS YOU

Even though we are staying safe at home we can still make a difference for ourselves, our community and our world.

Although diverse in culture, we are aligned in circumstances and values. This is an opportunity for us to come together to make a real difference in people's lives during this challenging time. After all, nothing stops a Girl Guide/Girl Scout from being creative and smart to make the best of a tricky situation!

Around the world, the impact of COVID-19 has presented in many ways including:

Increase in people experiencing depression, anxiety and other mental health challenges

Challenges maintaining good physical health and nutrition

Gaps in education due to the digital divide

Individuals and families struggling to feel connected with others

Loneliness and isolation particularly for the elderly and those living with illness/disability

Frontline workers feeling disheartened and underappreciated

Escalation of domestic violence and violence against women

HOW CAN YOU HELP?

Our response is to encourage Girl Guides / Girl Scouts and Member Organisations to make a *positive impact* using the following social action tips:

Reflect on the need/s



What is happening right now for yourself and others? Is there a way you can make a positive difference?

Reach out and connect:



Make meaningful connections with others to find out how they are feeling. You could make a phone/video call, send a letter/email, create a survey and post on social media.

Unite for change:



Join forces with others. Be part of an existing movement or create your own.

Look for ideas and celebrate successes:



Seek out success stories of ways other people/communities have helped address the same/similar need. These can inspire your own social action journey.

Be a voice:



Identify an issue you wish to speak about and act on. Plan how you will spread awareness on the issue and the action you will take or promote. Decide who you will share the action with (ie. a friend, family, class, Guide/Scout Unit, wider community).

Capture your impact:



Track the positive change occurring due to your action. You could ask participants to share positive stories, feedback, photos, videos, and letters.

Share back:



Help showcase the positive outcomes by harnessing the power of traditional and digital media. Don't forget to use these hashtags:

#ImpactFromHome

#PositivityPatrol

#ForHerDigitalWorld

#WAGGGS

HERE'S SOME INSPIRATION

We all need a little inspiration sometimes. Here are examples of ideas and actions that spread rainbows and sunshine in today's challenging times:

MYSELF: things you can do on your own

Ask yourself, is there anything you could do to: make someone smile and change the world in your own little way?



Bear Hunt

Put a Teddy (or other toy animal) in your window or garden for others to spot when they're out and about!



Rainbow Trail

Get creative to make a rainbow for your window to remind us to always have hope!



Chalk Your Walk

Leave an uplifting chalk message on your sidewalk to brighten the day of passers by!



Care for Carers

Show our carers/ frontliners some love! Write them thank you notes, post appreciation messages and prepare little gifts for frontliners or carers in your community.



Helping Hand

Make someone smile by asking how you can help them. You could also start helping on your own by doing simple tasks such as helping around at home.



Your Ideal World

Share what a happy world looks like for you through art. What are the main characteristics of that world? What exist and do not exist in that world?

HERE'S SOME INSPIRATION

MY COMMUNITY: things you can do with your community

In some places, everyday people are starting movements to help vulnerable people in their community. What are the needs of people in your own community? Are there any groups working to address those needs?



Justice Wishlist

If you could solve some issues in your community, what would they be? Share your answer on social media and challenge your peers to do the same. Who knows? You might find like-minded people you could form a group with! What simple but effective things can you do together to address those issues?

Your actions need not be grand to bring positive change! Even the simplest of acts can help solve the most complex issues. Below are examples of little community acts that bring big impacts to the lives of others:



#ViralKindness

This idea, which originated in the United Kingdom, is a safe way you can share information with your neighbours who may be vulnerable or self-isolating. Download a template card from the internet (or design your own) to let your neighbours know what assistance you can offer them like delivering groceries or walking the dog.

#Caremongering

This social media trend was started by two women from Canada. Locals set up Caremongering Facebook Groups for their direct neighbourhood so they can come together to “spread the opposite of panic in people”. People in the group can either ask for advice or assistance or offer to bring assistance to those in need.

HERE'S SOME INSPIRATION

MY WORLD:

Things you can learn from Girl Guides/Girl Scouts and other people from around the globe

Young people around the world are creating their own ideas to raise spirits at this difficult time. Let their stories inspire you to take action:



In **Australia**, Lucy (4) and her best friend Addyson (6) combined money given to them by the tooth fairy to **buy toilet paper for the elderly in their community**. Their parents helped them to safely drop off toilet paper to neighbours in need.

Source: [news.com.au](https://www.news.com.au)

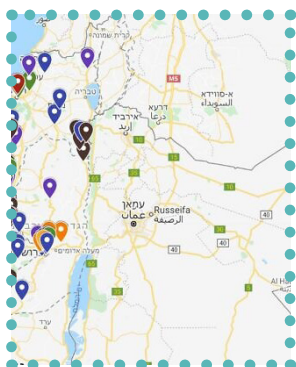
In **America**, Calliope (6) and her brother Taran (9) dressed up in their best clothes to **perform a cello concert for their 78 y.o neighbour**, from the safety of **their front porch**.

Source: [Time](https://www.time.com)



In **Japan**, elementary students were sad about missing their graduation because of the lock down. So, all on their own, the students aged 10-13 created and **ran their own graduation ceremony inside Minecraft!**

Source: [Business Insider Australia](https://www.businessinsider.com.au)



In **Israel**, Nadav (18) realised that there was something else spreading around the world – good deeds. So with the assistance of his friends Eylon (18) and Tehilla (19) they built the **Doing Good Map** – an interactive map to show the world the full spread of good deeds during the crisis. They hope that the map will inspire others to do good and find inspiration for their own helpful projects.

Source: [The Times of Israel](https://www.thetimesofisrael.com)

HERE'S SOME INSPIRATION

Check out these amazing initiatives from
Girl Guides/Girl Scouts
around the World!



In *Canada and USA*, Girl Guides and Girl Scouts have been getting creative at finding new ways to sell and distribute cookies, including the [cookie care package](#) which gets shipped directly to frontline workers in local communities

In *Bangladesh and Pakistan*, Girl Guides have been [distributing masks, soap and hygiene products to communities in need](#), whilst maintaining physical distancing.



Girl Guides and Girl Scouts from *Belgium, Czech Republic and the USA* have been [making masks and faceshields through either sewing or using 3D printing machines](#) and distributing to those working on the front lines.

Several JLS 2019 Participants from *Girl Guides Association Malaysia* were part of the team that developed a [Stay At Home Activity Pack](#) which includes ways to build sustainable development goals and leadership mindsets into every day practice.



In *France*, scouts have set up a [postcard project](#) to send positive messages to the most isolated people in their communities.

BUT WAIT- WHAT DO YOU NEED TO CONSIDER FIRST?

Now you know why your actions matter and have ideas on how you can help, you are almost ready to create an impact! To be fully ready, make sure to ask yourself the following:

ARE YOU OKAY?

Creating change from home may sometimes be more challenging than how you thought it would be. Remember how Challenge 1 of the [#PositivityPatrol](#) asked you to [#TreatYourselfKindly](#)? During times when you're feeling stressed or drained, remember to take it easy and put yourself first! Honour your emotions, accept what you can and cannot do. Rest until you feel like it's okay to go at it again. And most importantly, never hesitate to reach out and ask for help. There are ears willing to listen.



ARE YOU SAFE?

While doing these challenges, it's important that you are keeping yourself *safe both online and offline*.



To keep yourself safe offline:

You may think of activities that you could do on your front porch or in places not far from your neighbourhood (if allowed). Remember to still follow social distancing rules and maintain your hygienic practices. Make sure to talk about your plan to an adult you trust for you to be accompanied by someone or have adult supervision as you do your activity.



To keep yourself safe online:

Choose the most appropriate platform to carry out your online activity. Be careful with what you post. Make sure they are aligned with your association's values and do not contain false information. Avoid posting personal information about yourself and others. In case you encounter offensive comments, do not engage with them and report them instead.

For more tips, visit our page on [how to stay safe online](#).

NOW YOU'RE READY FOR IT!

Now that you



know why your actions matter



have ideas on how you can help



know how to keep yourself safe

you're ready to create an [#ImpactFromHome](#) that the world needs right now.

And once again, remember to use our hashtags everytime you share.

[#ImpactFromHome](#)

[#PositivityPatrol](#)

[#ForHerDigitalWorld](#)

[#WAGGGS](#)

Good luck and have fun!

ACKNOWLEDGEMENT:

We extend our most heartfelt thanks to the WAGGGS volunteers and staff who have worked tirelessly to produce this toolkit.

Writers:

Melissa Reoch, Erin Wicking, and Chelsea Elaine Teodoro

Layout and Design:

Chelsea Elaine Teodoro

Conceptualization:

Melissa Reoch, Erin Wicking, Chelsea Elaine Teodoro, Andii Verhoeven, Ayowunmi Nuga, and Elsa Cardona

© World Association of Girl Guides and Girl Scouts, 2020

World Bureau,
12c Lyndhurst Road
London NW3 5PQ
UK

+44 (0)20 7794 1181
leadingforherworld@wagggs.org
www.wagggs.org/what-we-do/lead

Registered Charity No. 1159255 in England and Wales