

JOIN THE POSITIVITY PATROL



**A GIRL GUIDE GIRL SCOUT
RESPONSE TO COVID-19**

#POSITIVITYPATROL

#FORHERDIGITALWORLD

WHAT IS THE POSITIVITY PATROL?

In a time when staying positive can be extremely hard, Girl Guides and Girl Scouts around the world can form a patrol to combat this.

This activity pack contains ten challenges, which were designed to give every and any girl the opportunity to feel empowered, learn and develop.

Completing all ten challenges will allow you to practice leadership and collaborate with others from around the world, and at a distance.

Girl Guides and Girl Scouts around the world can continue to keep the Guide law by being a #PositivityPatrol; from self care to a random act of kindness, there is something that everyone can do.

Share the results of your challenges on your social media with the hash tag #PositivityPatrol, and the specific hash tag of each challenge.

Enjoy!



#POSITIVITYPATROL

CHALLENGE 1: #TreatYourselfKindly

Positivity starts with you! How can you be kind to yourself when you are in a context that is less than friendly?

It's okay to feel things! Even if you feel uncomfortable, angry, scared, or less scared than others.

THE CHALLENGE

1. Express your emotions. Start by expressing your emotions as you want - this can be through a drawing, a word cloud, a poem or even an interpretive dance.

2. Find your go-to person. Take some time to find out who your go-to person is, the one person that you trust and are willing to talk to about your feelings.

3. Treat yourself. When you have decided who your go-to person is, talk to them about how you are feeling and come up with one thing you can do to make you a bit happier.

Share your creation online and your one happy thing with Girl Guides and Girl Scouts around the world using #PositivityPatrol #TreatYourselfKindly.

CHALLENGE 2: #ValuesIntoAction

During times of difficulty, it's even more important for Girl Guides and Girl Scouts around the world to make choices rooted in their values. Think back to your promise, how can you take action that follows the Guide Law during these times?

THE CHALLENGE

1. Make a video of yourself saying your Guide promise or doing something positive for yourself, others or your community during this time.

2. Inspire others. In your video explain what your action is going to be, so that you can inspire others! Start your video with stating your name and country, and "I promise to...".

2. Wear your uniform and salute so your girl guide and girl scout sisters around the world can instantly recognise you!

Once you've shared your video on social media with #PositivityPatrol and #ValuesIntoAction, start your action and let us know how it goes.

CHALLENGE 3: #UnderstandOthers

Understanding and taking into account other people's perspectives and experiences during this time is crucial - we all need a bit of empathy and compassion!

THE CHALLENGE

1. Choose someone to reach out to. Think about someone that you have not heard from lately. This could be someone in your family who is an essential worker, a friend who doesn't seem to be doing too well, or an isolated person (for example, some countries have initiatives where you can communicate with elderly people in nursing homes so that they do not feel as isolated).

2. Communicate with them using any means you like (phone/video call, email, letter, etc.) to ask them how they are really doing. Really listen to their experience right now and find something you can do to help them feel happier.

3. Understand them better. Share how this has helped you to understand them better with #PositivityPatrol and #UnderstandOthers. Before posting anything, please check that they are happy for you to share whatever you are posting.

CHALLENGE 4: #TheBestYou

Sometimes, we all have to be flexible and adapt to a new context.

THE CHALLENGE

Think about what you have had to change in your life, what five actions can you take, so you can continue to:

- **Learn**
- **Put yourself in other people's shoes**
- **Understand the bigger picture**
- **Work or connect with others**
- **Complete acts of kindness**

Share your tips of the things you can do to be #TheBestYou even when things are tough, and don't forget to use #PositivityPatrol, so that we can see all of your actions.



CHALLENGE 5: #LeaderLikeYou

Girls and women are disproportionately affected by this crisis ([see our position statement here](#)). More than ever, we need to empower any and every girl to practise leadership, so that girls and women can come out the other side feeling like leaders with agency.

THE CHALLENGE

1. Inspiring leaders. Think about people around you whose leadership is inspiring you at this time. Why are they inspiring you? Do you think they can also inspire others?

2. Shout out loud. Post a shout out on your social media with #PositivityPatrol and #LeaderLikeYou, so their leadership can inspire girls all around the world.

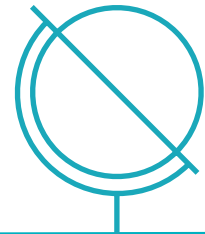
Please remember to ask for consent if you want to post a picture of your inspiring leader (if their picture is not a public image).

CHALLENGE 6: #PictureThis

The world seems quite gloomy right now - but that's not the full picture! Some good things are happening everywhere in the world, every day.

THE CHALLENGE

1. Share good news. Help your sisters around the world to explore the complexity of the world, learn from different perspectives and understand the full picture by sharing your favourite good news story from your local area this week, using #PositivityPatrol and #PictureThis.



CHALLENGE 7: #ImpactFromHome

Part of being a good leader is finding imaginative ideas and solutions, to explore how things could work better.

THE CHALLENGE

1. Lend a helping hand. For this challenge, try different things to help others right now (following social distancing rules of course!) - let your imagination flow, nothing is too weird or ridiculous!

Once you've found something creative that works, share it in any way you want with #PositivityPatrol and #ImpactFromHome.

Keep an eye on WAGGGS social media to find out the incredible impact that Girl Guides and Girl Scouts are making on their communities from home.

CHALLENGE 8: #WonderfulWomen

For a lot of us, time is a bit slow right now - which means it's a great time to do some research and share our learnings with others.

THE CHALLENGE

1. Research. Do some research on women who have done remarkable things to change their world.

2. Choose one and share her profile with #PositivityPatrol and #WonderfulWomen.

Challenge yourself, and to choose someone you did not know before this week!

CHALLENGE 9: #InThePicture

In a situation of crisis, it's easy to feel like there is only one narrative, one perspective.

The Girl Guiding and Girl Scouting Movement is a Movement where we all do our best to create spaces where everyone can fully participate.

THE CHALLENGE

1. Who is missing? Create a visual representation i.e. draw a picture or make a collage to show who is missing from the conversation right now so they can be #InThePicture.

CHALLENGE 10: #LearningFromMyself

It's now Challenge 10 of the #PositivityPatrol challenge - which means now is a good time to reflect on your feelings and experiences.

THE CHALLENGE

1. Write a letter to your slightly younger self (before this was your reality). Tell yourself what you would have needed to know before this all started, and what you have learned about yourself so far.

2. Share your letter. You can share part of the letter or the envelope if you're not comfortable sharing the content, and post it with #LearningFromMyself and #PositivityPatrol.

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