



Learn the ABC's for Building Character and Positive Self-Esteem

The **ABC's for Building Character and Positive Self-Esteem** program is designed to encourage Scouts to develop character through the use of "Six" pillars: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship. Building good Character promotes positive Self Esteem and this program focuses on Accepting, Believing and Caring about your self. In order to receive the **ABC Character** patch, you must complete the following activities. This is a great troop project and can be an individual activity.

Contact Avery at Averybuildingcharacter@gmail.com or visit her on the web AveryBuildingCharacter.com

Suggested level: Brownie, Junior Girl Scouts and Girl Scouts

Patch requirements: **CMN Required for everyone**, Brownies complete 1 activity, and Jr. Girl Scouts complete 2 out of every category except "Six" Pillars, all choose one. Girl Scouts should complete 3 out of every category and both out of "Six" Pillars.

Activities:

Required for everyone: - Troops should raise a minimum of \$50 or raise \$20 individually for Children's Miracle Network Self-Esteem (Accepting, Respecting and Caring about yourself)

- Take a picture of 3 people and tell us why they are special to you.
- On a piece of paper, put a picture of your role model and tell us why they are your role model.
- Write 5 good things about yourself and if there is anything you think is different about yourself, tell us why that is special
- Write 3 things that mean the most to you in a friend

Trustworthiness

- Complete the "I can Trust" worksheet.
- Tell us about someone who made you a promise and kept it and what it meant to you.
- Draw a picture or bring something to show us someone that you trust and tell why.
- Find a picture and place it on construction paper that represents someone being "loyal".

Responsibility

- Walk a mile and have parents sign that you did this.
- Complete the "Take Responsibility for Yourself" worksheet
- Clean your room 5 times and have your parents sign that you did this
- Obtain 3 pictures of movie stars/entertainers/politicians and tell us why you think it is their "responsibility" to be good role models.

Respect

- Write the "Golden Rule" and give 3 good examples of this.
- Draw the "Self-Portrait" worksheet and tell us how you are different and why that is special / important.
- Interview 3 authority figures and write down who they are and what respect means to them.
- Draw or take a picture of you thanking someone of authority write a caption about "respect".

Fairness

- Draw a picture of your favorite sport and tell why it is important to play by the rules.
- On a piece of construction paper, place a picture of your favorite athlete and tell why they play fair.
- Draw a picture or take a picture and show someone sharing with someone else
- Write "Cheating = Lying" on a piece of construction paper and tell why this is true

Caring

- Bring 5 magazines or books to donate to a local nursing home
- On blank card, draw a picture and write a little message inside to send to a nursing home
- Draw a heart and explain what "having a heart" means
- Make a card to send to a soldier

Citizenship

- Draw a picture of the flag and describe what it means to you
- Write the "Pledge of Allegiance" and draw pictures around it that pertain to it.
- Bring items for soldiers to make care packages
- Visit a nursing home, hospital or civic place and take pictures or have someone sign that you attended

Six Pillars

- Make a collage of pictures that show the Six pillars of character
- Create a "brown bag" of items that represent the Six pillars

After you've completed the activities required for your level of Scouting, you can receive the

ABC Character Patch!

