



Girls are Superheroes!

Over the past century our country has faced difficult times, and Girl Scouts have always taken the lead with courage, confidence, and character. Now it's time for you to show off your own Superhero Spirit!

The three activities that make up this patch are Girl Scout favorites that showcase how badges increase a girl's competency and readiness to face any challenge that comes her way. Find your age group below and complete all three activities to show off your superhero skills.

Order your [Superhero Girl Scouts patch](#) today!



Girls in kindergarten and 1st grade (Daisies)

Daisy Petals Activity: Explore Girl Scout Promise and Law
Choose one line of the Girl Scout law and talk about it with your family.

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Daisy Sunny Petal Badge: Learn About Being Friendly & Helpful

Learn about being friendly and helpful and think of ways to practice living this line of the Girl Scout Law.

[VIEW ACTIVITY](#)

Daisy Tula Petal Badge: Learn About Being Courageous & Strong

Learn about being courageous and strong and think of ways to practice living this line of the Girl Scout Law.

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Girls in 2nd and 3rd grades (Brownies)

Brownie Girl Scout Way Badge Activity: Create a Story, Play, or Puppet Show
Share sisterhood through a story, play, or puppet show.

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Brownie First Aid Badge Activity: Role Play 911
Learn how to get help from 911 in different emergency situations.

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Brownie My Best Self Badge Activity: Create a "Happy Box"
Find ways to cheer yourself up when you're feeling down.

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Girls in 4th and 5th grades (Juniors)

Junior Girl Scout Way Badge Activity: Make a Time Capsule
Share our sisterhood with future Girl Scouts.

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Junior First Aid Badge Activity: Make Posters Explaining Check, Call, Care
Learn the first steps to take in an emergency.

[VIEW ACTIVITY](#)

Junior Staying Fit Badge Activity: Create a Stress-Free Zone
Find a place in your home or outside that you can go when you feel stressed.

[VIEW ACTIVITY](#)



Girls in 6th to 8th grades (Cadettes)

Cadette Girl Scout Way Badge Activity: Learn the History of Your Girl Scout Council
Explore local Girl Scout traditions and memories.

[VIEW ACTIVITY](#)

Cadette First Aid Badge Activity: Find Out How to Treat Serious Outdoor Injuries
Research wilderness emergencies and find out how to treat serious outdoor injuries.

[VIEW ACTIVITY](#)

Cadette Eating For You Badge Activity: Be a Chemical Detective
Explore the connection between diet and stress level.

[VIEW ACTIVITY](#)



Girls in 9th and 10th grades (Seniors)

Senior Girl Scout Way Badge Activity: Create Your Own List of Laws Tied to the Girl Scout Law
Spread sisterhood through the Girl Scout Law

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Senior First Aid Badge Activity: Use Everyday Objects to Make Splints
Learn how to improvise and create a splint with everyday objects.

[VIEW ACTIVITY](#)

Senior Women's Health Badge Activity: Explore Healthy Relationships
Find out how relationships and health are connected.

[VIEW ACTIVITY](#)



Girls in 11th and 12th grades (Ambassadors)

Ambassador Girl Scout Way Badge Activity: Interview a Global Citizen
Share sisterhood on a truly global level

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Ambassador First Aid Badge Activity: Handling Wilderness Emergencies
Learn from examples of people who have faced emergencies in the wilderness.

[VIEW ACTIVITY](#)

Ambassador Women's Health Badge Activity: Explore Healthy Relationships
Find out how relationships and health are connected.

[VIEW ACTIVITY](#)